

WEBVTT

NOTE duration:"00:58:39.4880000"

NOTE language:en-us

NOTE Confidence: 0.83658075

00:00:22.530 --> 00:00:24.428 OK, hello everyone. I'm Bri

NOTE Confidence: 0.83658075

00:00:24.428 --> 00:00:26.690 and minor I'm subbing in today

NOTE Confidence: 0.83658075

00:00:26.762 --> 00:00:28.019 for Lauren Tobias,

NOTE Confidence: 0.83658075

00:00:28.020 --> 00:00:30.757 who will be working in the ICU.

NOTE Confidence: 0.83658075

00:00:30.760 --> 00:00:33.336 Thank you to her for her service

NOTE Confidence: 0.83658075

00:00:33.336 --> 00:00:35.753 and I'd like to welcome you

NOTE Confidence: 0.83658075

00:00:35.753 --> 00:00:38.207 all to our Yale Sleep Seminar,

NOTE Confidence: 0.83658075

00:00:38.210 --> 00:00:40.170 a few brief announcements before I

NOTE Confidence: 0.83658075

00:00:40.170 --> 00:00:41.738 introduce today's speaker first,

NOTE Confidence: 0.83658075

00:00:41.740 --> 00:00:43.700 please take a moment to

NOTE Confidence: 0.83658075

00:00:43.700 --> 00:00:45.660 ensure that you are muted.

NOTE Confidence: 0.83658075

00:00:45.660 --> 00:00:48.796 I think we all know from our

NOTE Confidence: 0.83658075

00:00:48.796 --> 00:00:50.692 zoom experience that this

NOTE Confidence: 0.83658075

00:00:50.692 --> 00:00:52.977 is a very important step.

NOTE Confidence: 0.83658075

00:00:52.980 --> 00:00:54.690 In order to receive CME

NOTE Confidence: 0.83658075

00:00:54.690 --> 00:00:55.716 credit for attendance,

NOTE Confidence: 0.83658075

00:00:55.720 --> 00:00:58.107 please see the chat room for instructions.

NOTE Confidence: 0.83658075

00:00:58.110 --> 00:01:00.886 You can text the unique ID for this

NOTE Confidence: 0.83658075

00:01:00.886 --> 00:01:03.057 conference anytime until 3:15 PM if

NOTE Confidence: 0.83658075

00:01:03.057 --> 00:01:05.630 you're not already registered with the LC ME.

NOTE Confidence: 0.83658075

00:01:05.630 --> 00:01:09.200 You will need to do so first.

NOTE Confidence: 0.83658075

00:01:09.200 --> 00:01:10.628 If you have questions

NOTE Confidence: 0.83658075

00:01:10.628 --> 00:01:11.699 during the presentation,

NOTE Confidence: 0.83658075

00:01:11.700 --> 00:01:13.480 if they are burning questions,

NOTE Confidence: 0.83658075

00:01:13.480 --> 00:01:15.979 you may put them in the chat.

NOTE Confidence: 0.83658075

00:01:15.980 --> 00:01:17.836 Otherwise our speaker kindly

NOTE Confidence: 0.83658075

00:01:17.836 --> 00:01:20.156 requests that you leave questions

NOTE Confidence: 0.83658075

00:01:20.156 --> 00:01:22.079 till the end of the talk.

NOTE Confidence: 0.83658075

00:01:22.080 --> 00:01:24.516 A recorded version of this lecture

NOTE Confidence: 0.83658075

00:01:24.516 --> 00:01:26.903 will be available online within two  
NOTE Confidence: 0.83658075

00:01:26.903 --> 00:01:29.655 weeks at the link provided in the chat,  
NOTE Confidence: 0.83658075

00:01:29.660 --> 00:01:30.842 and finally, Pete.  
NOTE Confidence: 0.83658075

00:01:30.842 --> 00:01:33.206 Please feel free to share the  
NOTE Confidence: 0.83658075

00:01:33.206 --> 00:01:35.019 announcements for this weekly lecture  
NOTE Confidence: 0.83658075

00:01:35.019 --> 00:01:37.999 series to anyone else who may be interested,  
NOTE Confidence: 0.83658075

00:01:38.000 --> 00:01:39.890 or contact Debbie Lovejoy to  
NOTE Confidence: 0.83658075

00:01:39.890 --> 00:01:41.921 be added to our email lists.  
NOTE Confidence: 0.83658075

00:01:41.921 --> 00:01:44.000 So now I will move on to  
NOTE Confidence: 0.83658075

00:01:44.075 --> 00:01:45.959 introduce today's speaker,  
NOTE Confidence: 0.83658075

00:01:45.960 --> 00:01:47.073 doctor Jason Ellis,  
NOTE Confidence: 0.83658075

00:01:47.073 --> 00:01:50.522 who is hailing all the way from the United  
NOTE Confidence: 0.83658075

00:01:50.522 --> 00:01:53.238 Kingdom to join us for our afternoon.  
NOTE Confidence: 0.83658075

00:01:53.240 --> 00:01:55.265 His early evening.  
NOTE Confidence: 0.83658075

00:01:55.265 --> 00:01:57.290 So doctor Ellis.  
NOTE Confidence: 0.83658075

00:01:57.290 --> 00:01:59.624 Has done all of his training

NOTE Confidence: 0.83658075

00:01:59.624 --> 00:02:01.180 in the United Kingdom,

NOTE Confidence: 0.83658075

00:02:01.180 --> 00:02:03.580 first starting with a bachelors degree

NOTE Confidence: 0.83658075

00:02:03.580 --> 00:02:05.976 in psychology and clearly had an

NOTE Confidence: 0.83658075

00:02:05.976 --> 00:02:08.178 interest in insomnia from the beginning.

NOTE Confidence: 0.83658075

00:02:08.180 --> 00:02:09.756 He did his dissertation,

NOTE Confidence: 0.83658075

00:02:09.756 --> 00:02:11.726 which was entitled is chronic

NOTE Confidence: 0.83658075

00:02:11.726 --> 00:02:13.629 insomnia a resource loss spiral?

NOTE Confidence: 0.83658075

00:02:13.630 --> 00:02:16.038 He went on to do his Masters work

NOTE Confidence: 0.83658075

00:02:16.038 --> 00:02:18.493 at the University of Surry where

NOTE Confidence: 0.83658075

00:02:18.493 --> 00:02:21.157 he studied the role of rumination

NOTE Confidence: 0.83658075

00:02:21.234 --> 00:02:23.264 and thought control and sleep

NOTE Confidence: 0.83658075

00:02:23.264 --> 00:02:25.704 disturbance and he got a PhD

NOTE Confidence: 0.83658075

00:02:25.704 --> 00:02:28.128 also at the University of Surry.

NOTE Confidence: 0.83658075

00:02:28.130 --> 00:02:29.814 Looking at the cognitive

NOTE Confidence: 0.83658075

00:02:29.814 --> 00:02:31.498 consolidation model of insomnia,

NOTE Confidence: 0.83658075

00:02:31.500 --> 00:02:34.326 an examination of the predictors and  
NOTE Confidence: 0.83658075

00:02:34.326 --> 00:02:36.980 consequences of late life insomnia.  
NOTE Confidence: 0.83658075

00:02:36.980 --> 00:02:37.706 And finally,  
NOTE Confidence: 0.83658075

00:02:37.706 --> 00:02:40.247 in 2014 he was recognized by the  
NOTE Confidence: 0.83658075

00:02:40.247 --> 00:02:42.868 European Sleep Research Society as an  
NOTE Confidence: 0.83658075

00:02:42.868 --> 00:02:45.053 expert in behavioral Sleep Medicine.  
NOTE Confidence: 0.83658075

00:02:45.060 --> 00:02:47.573 He now serves as a professor of  
NOTE Confidence: 0.83658075

00:02:47.573 --> 00:02:50.287 sleep science and the director of  
NOTE Confidence: 0.83658075

00:02:50.287 --> 00:02:52.887 the Sleep Research Laboratory at  
NOTE Confidence: 0.83658075

00:02:52.887 --> 00:02:54.959 Northumbria University in Newcastle.  
NOTE Confidence: 0.83658075

00:02:54.960 --> 00:02:56.616 He has editorial appointments  
NOTE Confidence: 0.83658075

00:02:56.616 --> 00:02:58.686 for journals of Behavioral Sleep  
NOTE Confidence: 0.83658075

00:02:58.686 --> 00:03:00.149 Medicine and sleep health.  
NOTE Confidence: 0.83658075

00:03:00.150 --> 00:03:02.050 He serves on committees for  
NOTE Confidence: 0.83658075

00:03:02.050 --> 00:03:03.950 the Sleep Research Society and  
NOTE Confidence: 0.83658075

00:03:04.023 --> 00:03:05.727 the British Sleep Society.

NOTE Confidence: 0.83658075

00:03:05.730 --> 00:03:07.850 He has many different interests

NOTE Confidence: 0.83658075

00:03:07.850 --> 00:03:10.919 that have been sort of that I was,

NOTE Confidence: 0.83658075

00:03:10.920 --> 00:03:11.716 you know,

NOTE Confidence: 0.83658075

00:03:11.716 --> 00:03:14.502 looking through in his very long CV,

NOTE Confidence: 0.83658075

00:03:14.510 --> 00:03:17.542 and so I just wanted to to highlight

NOTE Confidence: 0.83658075

00:03:17.542 --> 00:03:20.496 a couple here that I thought were,

NOTE Confidence: 0.83658075

00:03:20.500 --> 00:03:22.490 you know, recent and interesting.

NOTE Confidence: 0.83658075

00:03:22.490 --> 00:03:24.902 He is looking at optimizing sensory

NOTE Confidence: 0.83658075

00:03:24.902 --> 00:03:27.190 information for sleep in toddlers.

NOTE Confidence: 0.83658075

00:03:27.190 --> 00:03:29.566 The effects of a multi ingredient

NOTE Confidence: 0.83658075

00:03:29.566 --> 00:03:32.096 nighttime tea on sleep quality well

NOTE Confidence: 0.83658075

00:03:32.096 --> 00:03:34.700 being an markers of immune function.

NOTE Confidence: 0.83658075

00:03:34.700 --> 00:03:36.878 He is looking at development of

NOTE Confidence: 0.83658075

00:03:36.878 --> 00:03:38.865 of a fatigue management program

NOTE Confidence: 0.83658075

00:03:38.865 --> 00:03:41.210 for training health care personnel

NOTE Confidence: 0.83658075

00:03:41.210 --> 00:03:42.617 following shift work.  
NOTE Confidence: 0.83658075

00:03:42.620 --> 00:03:44.152 Behavioral treatment for insomnia  
NOTE Confidence: 0.83658075

00:03:44.152 --> 00:03:46.957 in adults with autism and he has  
NOTE Confidence: 0.83658075

00:03:46.957 --> 00:03:48.713 interesting projects and consulting  
NOTE Confidence: 0.83658075

00:03:48.713 --> 00:03:50.908 looking at determining the most  
NOTE Confidence: 0.8455968

00:03:50.973 --> 00:03:52.209 super riffic reason,  
NOTE Confidence: 0.8455968

00:03:52.210 --> 00:03:53.878 anthems and developing evidence  
NOTE Confidence: 0.8455968

00:03:53.878 --> 00:03:55.546 based sleep hygiene guidelines.  
NOTE Confidence: 0.8455968

00:03:55.550 --> 00:03:58.469 He has over 50 peer reviewed publications,  
NOTE Confidence: 0.8455968

00:03:58.470 --> 00:04:00.630 multiple book chapters. Anna book.  
NOTE Confidence: 0.8455968

00:04:00.630 --> 00:04:02.556 Called the one week Insomnia cure  
NOTE Confidence: 0.8455968

00:04:02.556 --> 00:04:04.500 learned to solve your sleep problems  
NOTE Confidence: 0.8455968

00:04:04.500 --> 00:04:06.884 and he has been invited as a keynote  
NOTE Confidence: 0.8455968

00:04:06.944 --> 00:04:08.980 speaker for multiple professional  
NOTE Confidence: 0.8455968

00:04:08.980 --> 00:04:10.507 societies and universities.  
NOTE Confidence: 0.8455968

00:04:10.510 --> 00:04:11.974 An multiple public engagement

NOTE Confidence: 0.8455968

00:04:11.974 --> 00:04:14.170 talks and in fact Doctor Tobias,

NOTE Confidence: 0.8455968

00:04:14.170 --> 00:04:16.634 who couldn't be here today, saw him,

NOTE Confidence: 0.8455968

00:04:16.634 --> 00:04:18.853 gave a similar talk to this when

NOTE Confidence: 0.8455968

00:04:18.853 --> 00:04:21.369 he proposes to talk to us today

NOTE Confidence: 0.8455968

00:04:21.369 --> 00:04:23.685 about found him very engaging and

NOTE Confidence: 0.8455968

00:04:23.685 --> 00:04:26.151 so he very kindly accepted the

NOTE Confidence: 0.8455968

00:04:26.151 --> 00:04:29.548 invitation to speak with us today.

NOTE Confidence: 0.8455968

00:04:29.550 --> 00:04:30.758 So without further ado,

NOTE Confidence: 0.8455968

00:04:30.758 --> 00:04:32.570 thank you Doctor Ellis and we're

NOTE Confidence: 0.8455968

00:04:32.632 --> 00:04:34.197 looking forward to your talk.

NOTE Confidence: 0.85668224

00:04:34.760 --> 00:04:37.656 Read that if you want to sit on

NOTE Confidence: 0.85668224

00:04:37.656 --> 00:04:40.000 my promotions board at any point,

NOTE Confidence: 0.85668224

00:04:40.000 --> 00:04:41.116 please feel free.

NOTE Confidence: 0.85668224

00:04:41.116 --> 00:04:42.604 That's a beautiful introduction.

NOTE Confidence: 0.85668224

00:04:42.610 --> 00:04:44.480 Thank you to Doctor Miller.

NOTE Confidence: 0.85668224



00:04:44.480 --> 00:04:46.730 Minor for that introduction. Of course,  
NOTE Confidence: 0.85668224

00:04:46.730 --> 00:04:49.348 Dr Tobias for the invitation and Debbie,  
NOTE Confidence: 0.85668224

00:04:49.350 --> 00:04:51.594 of course for making sure that  
NOTE Confidence: 0.85668224

00:04:51.594 --> 00:04:53.090 I'm correct and appropriate.  
NOTE Confidence: 0.85668224

00:04:53.090 --> 00:04:56.830 OK, So what are we going to talk about today?  
NOTE Confidence: 0.85668224

00:04:56.830 --> 00:04:58.695 We're going to talk really  
NOTE Confidence: 0.85668224

00:04:58.695 --> 00:04:59.814 about acute insomnia.  
NOTE Confidence: 0.85668224

00:04:59.820 --> 00:05:02.804 So when does sleep actually become the enemy,  
NOTE Confidence: 0.85668224

00:05:02.810 --> 00:05:06.765 and what can we do about it?  
NOTE Confidence: 0.85668224

00:05:06.770 --> 00:05:08.882 Before we continue, I'm going to  
NOTE Confidence: 0.85668224

00:05:08.882 --> 00:05:11.520 have to use that just disclosure.  
NOTE Confidence: 0.85668224

00:05:11.520 --> 00:05:13.310 There's no commercial support for  
NOTE Confidence: 0.85668224

00:05:13.310 --> 00:05:16.048 the grand rounds an any conflicts of  
NOTE Confidence: 0.85668224

00:05:16.048 --> 00:05:18.248 interest have already been resolved,  
NOTE Confidence: 0.85668224

00:05:18.250 --> 00:05:21.024 and more than happy to discuss that  
NOTE Confidence: 0.85668224

00:05:21.024 --> 00:05:24.870 if anyone wishes to do so, alright.

NOTE Confidence: 0.85668224

00:05:24.870 --> 00:05:27.806 Now I always like to start the talk

NOTE Confidence: 0.85668224

00:05:27.806 --> 00:05:30.933 at the very end and the reason that

NOTE Confidence: 0.85668224

00:05:30.933 --> 00:05:34.308 I like to start a talk at the very

NOTE Confidence: 0.85668224

00:05:34.308 --> 00:05:36.770 end is in case people fall asleep.

NOTE Confidence: 0.85668224

00:05:36.770 --> 00:05:38.545 So let's start with cognitive

NOTE Confidence: 0.85668224

00:05:38.545 --> 00:05:40.533 behavioral therapy for insomnia, CBT.

NOTE Confidence: 0.85668224

00:05:40.533 --> 00:05:43.144 I what do we know about CBT?

NOTE Confidence: 0.85668224

00:05:43.150 --> 00:05:45.342 It's been around for about 30 years now

NOTE Confidence: 0.85668224

00:05:45.342 --> 00:05:48.168 and we know it demonstrates very good

NOTE Confidence: 0.85668224

00:05:48.168 --> 00:05:49.936 efficacy and comparative effectiveness

NOTE Confidence: 0.85668224

00:05:49.936 --> 00:05:52.469 when compared directly to fund therapy.

NOTE Confidence: 0.85668224

00:05:52.470 --> 00:05:55.200 It's durable, we know that studies where.

NOTE Confidence: 0.85668224

00:05:55.200 --> 00:05:56.872 CPT is being employed.

NOTE Confidence: 0.85668224

00:05:56.872 --> 00:06:00.366 We can see at least five to 10

NOTE Confidence: 0.85668224

00:06:00.366 --> 00:06:03.036 years in terms of treatment gains.

NOTE Confidence: 0.85668224

00:06:03.040 --> 00:06:04.584 Wilson Heights complex cases.  
NOTE Confidence: 0.85668224

00:06:04.584 --> 00:06:07.290 It's just as effective as it is  
NOTE Confidence: 0.85668224

00:06:07.290 --> 00:06:09.228 with the pure cases and anyone.  
NOTE Confidence: 0.85668224

00:06:09.230 --> 00:06:11.015 Whoever finds that pure case  
NOTE Confidence: 0.85668224

00:06:11.015 --> 00:06:13.230 of insomnia do let me know.  
NOTE Confidence: 0.85668224

00:06:13.230 --> 00:06:17.145 I have been looking for them for 20 years.  
NOTE Confidence: 0.85668224

00:06:17.150 --> 00:06:18.290 And finally.  
NOTE Confidence: 0.85668224

00:06:18.290 --> 00:06:20.570 It confers benefits EBT.  
NOTE Confidence: 0.85668224

00:06:20.570 --> 00:06:22.760 I confers benefits above and  
NOTE Confidence: 0.85668224

00:06:22.760 --> 00:06:24.074 beyond sleep itself.  
NOTE Confidence: 0.85668224

00:06:24.080 --> 00:06:26.270 We see reductions in anxiety,  
NOTE Confidence: 0.85668224

00:06:26.270 --> 00:06:26.718 depression,  
NOTE Confidence: 0.85668224

00:06:26.718 --> 00:06:29.854 paying and so it's a gift that  
NOTE Confidence: 0.85668224

00:06:29.854 --> 00:06:32.455 keeps on giving so that really  
NOTE Confidence: 0.85668224

00:06:32.455 --> 00:06:35.868 leads us to the point of this is  
NOTE Confidence: 0.85668224

00:06:35.868 --> 00:06:38.568 the evidence base that we've got.

NOTE Confidence: 0.85668224

00:06:38.570 --> 00:06:41.754 So we've got at least 20 meter analysis

NOTE Confidence: 0.85668224

00:06:41.754 --> 00:06:45.147 now which demonstrate that CBT eye works.

NOTE Confidence: 0.85668224

00:06:45.150 --> 00:06:47.435 It's effective and it confers

NOTE Confidence: 0.85668224

00:06:47.435 --> 00:06:48.806 these additional benefits.

NOTE Confidence: 0.85668224

00:06:48.810 --> 00:06:50.470 So really, we're done.

NOTE Confidence: 0.85668224

00:06:50.470 --> 00:06:53.570 That's the end of the talk, sorry.

NOTE Confidence: 0.85668224

00:06:53.570 --> 00:06:56.620 Give everyone CBT I fantastic.

NOTE Confidence: 0.85668224

00:06:56.620 --> 00:07:01.216 We've beaten the Beast of Insomnia.

NOTE Confidence: 0.85668224

00:07:01.220 --> 00:07:03.508 There are a couple of issues however,

NOTE Confidence: 0.85668224

00:07:03.508 --> 00:07:05.704 that we have to be mindful

NOTE Confidence: 0.85668224

00:07:05.704 --> 00:07:07.529 of in terms of CBT I.

NOTE Confidence: 0.85668224

00:07:07.530 --> 00:07:09.505 There still very few trained

NOTE Confidence: 0.85668224

00:07:09.505 --> 00:07:12.540 clinicians and so that is a problem

NOTE Confidence: 0.85668224

00:07:12.540 --> 00:07:14.995 in terms of widespread dissemination.

NOTE Confidence: 0.85668224

00:07:15.000 --> 00:07:16.770 It's also prone to quite

NOTE Confidence: 0.85668224

00:07:16.770 --> 00:07:18.186 high levels of attrition.  
NOTE Confidence: 0.85668224

00:07:18.190 --> 00:07:21.019 We see up to 50% of people who  
NOTE Confidence: 0.85668224

00:07:21.019 --> 00:07:23.137 will enroll into a CBT program,  
NOTE Confidence: 0.85668224

00:07:23.140 --> 00:07:25.618 either clinically or in terms of research,  
NOTE Confidence: 0.85668224

00:07:25.620 --> 00:07:28.180 and then drop out.  
NOTE Confidence: 0.85668224

00:07:28.180 --> 00:07:31.717 A lot of clinicians and a lot of patience,  
NOTE Confidence: 0.85668224

00:07:31.720 --> 00:07:34.072 C CBT is quite labor intensive  
NOTE Confidence: 0.85668224

00:07:34.072 --> 00:07:35.248 and time intensive,  
NOTE Confidence: 0.85668224

00:07:35.250 --> 00:07:36.823 and therefore that prevents  
NOTE Confidence: 0.85668224

00:07:36.823 --> 00:07:39.540 them from engaging fully.  
NOTE Confidence: 0.85668224

00:07:39.540 --> 00:07:42.620 Even when we get people into doing CBT,  
NOTE Confidence: 0.85668224

00:07:42.620 --> 00:07:46.976 I what we see is that we get about a 70  
NOTE Confidence: 0.85668224

00:07:46.976 --> 00:07:49.202 or 80% therapeutic response from CBT.  
NOTE Confidence: 0.85668224

00:07:49.202 --> 00:07:52.630 I but only about 50 to 60% of those  
NOTE Confidence: 0.85668224

00:07:52.630 --> 00:07:55.710 responders go on to achieve a full remission.  
NOTE Confidence: 0.85668224

00:07:55.710 --> 00:07:57.635 So even though we've beaten

NOTE Confidence: 0.85668224  
00:07:57.635 --> 00:07:59.175 the Beast of Insomnia,  
NOTE Confidence: 0.85798454  
00:07:59.180 --> 00:08:01.630 there's still a few things  
NOTE Confidence: 0.85798454  
00:08:01.630 --> 00:08:04.490 that we need to clear up.  
NOTE Confidence: 0.85798454  
00:08:04.490 --> 00:08:06.800 How we managed to try to address  
NOTE Confidence: 0.85798454  
00:08:06.800 --> 00:08:09.475 some of these issues with CBT in  
NOTE Confidence: 0.85798454  
00:08:09.475 --> 00:08:11.887 terms of very few trained clinicians,  
NOTE Confidence: 0.85798454  
00:08:11.890 --> 00:08:14.440 we offer in Group therapy which  
NOTE Confidence: 0.85798454  
00:08:14.440 --> 00:08:16.525 certainly reduces our waiting times  
NOTE Confidence: 0.85798454  
00:08:16.525 --> 00:08:19.288 and we can now afford to do it online,  
NOTE Confidence: 0.85798454  
00:08:19.290 --> 00:08:21.510 so there's lots of online programs,  
NOTE Confidence: 0.85798454  
00:08:21.510 --> 00:08:24.948 so that's one way in which we've tried to  
NOTE Confidence: 0.85798454  
00:08:24.948 --> 00:08:28.140 address the problem of very few clinicians.  
NOTE Confidence: 0.85798454  
00:08:28.140 --> 00:08:30.695 What about that levels of  
NOTE Confidence: 0.85798454  
00:08:30.695 --> 00:08:32.228 attrition and nonadherence?  
NOTE Confidence: 0.85798454  
00:08:32.230 --> 00:08:33.942 We've been looking more  
NOTE Confidence: 0.85798454

00:08:33.942 --> 00:08:35.226 recently adjuvant therapy,  
NOTE Confidence: 0.85798454

00:08:35.230 --> 00:08:38.126 so can we combine CBT to increase the  
NOTE Confidence: 0.85798454

00:08:38.126 --> 00:08:39.968 overall efficacy and effectiveness  
NOTE Confidence: 0.85798454

00:08:39.968 --> 00:08:42.068 by incorporating a stimulant?  
NOTE Confidence: 0.85798454

00:08:42.070 --> 00:08:42.926 For example,  
NOTE Confidence: 0.85798454

00:08:42.926 --> 00:08:45.922 to keep people awake during the day?  
NOTE Confidence: 0.85798454

00:08:45.930 --> 00:08:48.975 What about with a hypnotic to keep  
NOTE Confidence: 0.85798454

00:08:48.975 --> 00:08:51.808 them asleep when you are affording  
NOTE Confidence: 0.85798454

00:08:51.808 --> 00:08:55.154 them that opportunity to get into bed?  
NOTE Confidence: 0.85798454

00:08:55.160 --> 00:08:55.530 Unfortunately,  
NOTE Confidence: 0.85798454

00:08:55.530 --> 00:08:57.750 in both cases the results really  
NOTE Confidence: 0.85798454

00:08:57.750 --> 00:09:00.162 didn't add much in terms of  
NOTE Confidence: 0.85798454

00:09:00.162 --> 00:09:01.810 increasing efficacy or effectiveness.  
NOTE Confidence: 0.85798454

00:09:01.810 --> 00:09:02.592 More recently,  
NOTE Confidence: 0.85798454

00:09:02.592 --> 00:09:04.156 researchers these crazy researchers  
NOTE Confidence: 0.85798454

00:09:04.156 --> 00:09:05.720 from England include partners.

NOTE Confidence: 0.85798454

00:09:05.720 --> 00:09:08.450 What about including a partner in CBT?

NOTE Confidence: 0.85798454

00:09:08.450 --> 00:09:11.187 And that's because we can see when

NOTE Confidence: 0.85798454

00:09:11.187 --> 00:09:13.975 we've looked at it that partners can

NOTE Confidence: 0.85798454

00:09:13.975 --> 00:09:16.670 be quite a strong barrier to CBT.

NOTE Confidence: 0.85798454

00:09:16.670 --> 00:09:20.072 I if we think about some of the things

NOTE Confidence: 0.85798454

00:09:20.072 --> 00:09:22.919 that we do when we're doing CBT,

NOTE Confidence: 0.85798454

00:09:22.920 --> 00:09:25.626 I we ask people to do.

NOTE Confidence: 0.85798454

00:09:25.630 --> 00:09:27.570 Things that really don't make

NOTE Confidence: 0.85798454

00:09:27.570 --> 00:09:30.388 that much sense to them in terms

NOTE Confidence: 0.85798454

00:09:30.388 --> 00:09:31.996 of managing their sleep,

NOTE Confidence: 0.85798454

00:09:32.000 --> 00:09:33.985 and that can create some

NOTE Confidence: 0.85798454

00:09:33.985 --> 00:09:35.176 difficulties in dyads,

NOTE Confidence: 0.85798454

00:09:35.180 --> 00:09:37.966 whereby if you actually help manage that,

NOTE Confidence: 0.85798454

00:09:37.970 --> 00:09:40.640 it does increase efficacy somewhat.

NOTE Confidence: 0.85798454

00:09:40.640 --> 00:09:41.198 And finally,

NOTE Confidence: 0.85798454



00:09:41.198 --> 00:09:42.872 the most crazy thing at all  
NOTE Confidence: 0.85798454

00:09:42.872 --> 00:09:44.519 is lucid dreaming training.  
NOTE Confidence: 0.85798454

00:09:44.520 --> 00:09:46.566 If we include lucid dreaming training  
NOTE Confidence: 0.85798454

00:09:46.566 --> 00:09:49.679 on top of CBT I does it impact on both,  
NOTE Confidence: 0.85798454

00:09:49.680 --> 00:09:51.618 and that's a trial that we're  
NOTE Confidence: 0.85798454

00:09:51.618 --> 00:09:52.910 doing at the moment,  
NOTE Confidence: 0.85798454

00:09:52.910 --> 00:09:55.654 which is please feel free to ask me  
NOTE Confidence: 0.85798454

00:09:55.654 --> 00:09:57.922 anything about how I managed to get  
NOTE Confidence: 0.85798454

00:09:57.922 --> 00:10:00.120 myself hooked up into a study on.  
NOTE Confidence: 0.85798454

00:10:00.120 --> 00:10:02.900 Lucid dreaming.  
NOTE Confidence: 0.85798454

00:10:02.900 --> 00:10:03.280 Alright,  
NOTE Confidence: 0.85798454

00:10:03.280 --> 00:10:06.320 So what about this issue of it being  
NOTE Confidence: 0.85798454

00:10:06.320 --> 00:10:08.779 perceived and time and labor intensive?  
NOTE Confidence: 0.85798454

00:10:08.780 --> 00:10:09.141 Well,  
NOTE Confidence: 0.85798454

00:10:09.141 --> 00:10:11.668 the question really is how low can  
NOTE Confidence: 0.85798454

00:10:11.668 --> 00:10:14.389 you go for a therapeutic effect and

NOTE Confidence: 0.85798454

00:10:14.389 --> 00:10:17.634 we can see that there are quite a

NOTE Confidence: 0.85798454

00:10:17.634 --> 00:10:20.124 few studies on the brief interventions

NOTE Confidence: 0.85798454

00:10:20.124 --> 00:10:22.108 for people with chronic insomnia

NOTE Confidence: 0.85798454

00:10:22.108 --> 00:10:24.460 by Jack Edinger and Anne Germain.

NOTE Confidence: 0.85798454

00:10:24.460 --> 00:10:26.812 When we look at the average

NOTE Confidence: 0.85798454

00:10:26.812 --> 00:10:27.988 treatment effect sizes,

NOTE Confidence: 0.85798454

00:10:27.990 --> 00:10:28.406 however,

NOTE Confidence: 0.85798454

00:10:28.406 --> 00:10:30.486 there moderate to large and

NOTE Confidence: 0.85798454

00:10:30.486 --> 00:10:33.190 they're good and we can see that.

NOTE Confidence: 0.85798454

00:10:33.190 --> 00:10:35.416 We can incorporate brief interventions for

NOTE Confidence: 0.85798454

00:10:35.416 --> 00:10:38.029 insomnia with a certain degree of efficacy,

NOTE Confidence: 0.85798454

00:10:38.030 --> 00:10:40.998 so that's another way to address the issue.

NOTE Confidence: 0.85798454

00:10:41.000 --> 00:10:42.860 The challenge with that, however,

NOTE Confidence: 0.85798454

00:10:42.860 --> 00:10:44.720 as with the other issues,

NOTE Confidence: 0.85798454

00:10:44.720 --> 00:10:46.946 is that they're not standardized practice,

NOTE Confidence: 0.85798454

00:10:46.950 --> 00:10:49.182 and so where some people might  
NOTE Confidence: 0.85798454

00:10:49.182 --> 00:10:50.670 want to do group,  
NOTE Confidence: 0.85798454

00:10:50.670 --> 00:10:52.530 other people may not want  
NOTE Confidence: 0.85798454

00:10:52.530 --> 00:10:54.018 to engage with that.  
NOTE Confidence: 0.85798454

00:10:54.020 --> 00:10:55.880 Other people don't want brief  
NOTE Confidence: 0.85798454

00:10:55.880 --> 00:10:57.368 therapies for chronic insomnia,  
NOTE Confidence: 0.85798454

00:10:57.370 --> 00:10:59.974 so maybe we need to think about  
NOTE Confidence: 0.85798454

00:10:59.974 --> 00:11:01.090 an alternative perspective.  
NOTE Confidence: 0.85798454

00:11:01.090 --> 00:11:03.730 So we're going to go to.  
NOTE Confidence: 0.85798454

00:11:03.730 --> 00:11:04.628 Plan B.  
NOTE Confidence: 0.85798454

00:11:04.628 --> 00:11:07.322 What's the Plan B will to  
NOTE Confidence: 0.85798454

00:11:07.322 --> 00:11:09.815 start looking at what we might  
NOTE Confidence: 0.85798454

00:11:09.815 --> 00:11:12.820 think of in terms of a Plan B.  
NOTE Confidence: 0.85798454

00:11:12.820 --> 00:11:15.277 Let's look at how insomnia is diagnosed.  
NOTE Confidence: 0.85798454

00:11:15.280 --> 00:11:17.730 We've got the DSM 5 wonderful thing.  
NOTE Confidence: 0.86734164

00:11:17.730 --> 00:11:19.872 It starts to talk about no issues

NOTE Confidence: 0.86734164

00:11:19.872 --> 00:11:21.950 between primary and secondary insomnia.

NOTE Confidence: 0.86734164

00:11:21.950 --> 00:11:25.910 It's one of its greatest benefits in my mind.

NOTE Confidence: 0.86734164

00:11:25.910 --> 00:11:28.157 When we start looking down at the

NOTE Confidence: 0.86734164

00:11:28.157 --> 00:11:30.320 symptom profile, one of the things that

NOTE Confidence: 0.86734164

00:11:30.320 --> 00:11:32.576 jumped out was the problem has been

NOTE Confidence: 0.86734164

00:11:32.576 --> 00:11:34.580 evident for at least three months.

NOTE Confidence: 0.86734164

00:11:34.580 --> 00:11:37.148 In order for it to be diagnosis chronic,

NOTE Confidence: 0.86734164

00:11:37.150 --> 00:11:39.710 it's gotta be present for three months now.

NOTE Confidence: 0.86734164

00:11:39.710 --> 00:11:42.022 It's always been a question of mine is

NOTE Confidence: 0.86734164

00:11:42.022 --> 00:11:44.526 to how do we determine three months?

NOTE Confidence: 0.86734164

00:11:44.530 --> 00:11:46.777 Because in past iterations of all of

NOTE Confidence: 0.86734164

00:11:46.777 --> 00:11:48.704 the masallah, geez, we've gone right

NOTE Confidence: 0.86734164

00:11:48.704 --> 00:11:50.630 the way through from one month,

NOTE Confidence: 0.86734164

00:11:50.630 --> 00:11:52.550 right way through to six months.

NOTE Confidence: 0.86734164

00:11:52.550 --> 00:11:54.797 So how did we choose three months?

NOTE Confidence: 0.86734164

00:11:54.800 --> 00:11:56.428 How do we know?  
NOTE Confidence: 0.86734164

00:11:56.428 --> 00:11:57.649 Insomnia is insomnia.  
NOTE Confidence: 0.86734164

00:11:57.650 --> 00:12:01.790 At three months, the easy answer is we don't.  
NOTE Confidence: 0.86734164

00:12:01.790 --> 00:12:04.090 It seems that that's quite  
NOTE Confidence: 0.86734164

00:12:04.090 --> 00:12:05.930 an arbitrary cutting point.  
NOTE Confidence: 0.8604247

00:12:08.070 --> 00:12:11.220 When the DSM five was being.  
NOTE Confidence: 0.8604247

00:12:11.220 --> 00:12:13.500 Conceptualize one of the other things  
NOTE Confidence: 0.8604247

00:12:13.500 --> 00:12:16.540 that they put out in one of their  
NOTE Confidence: 0.8604247

00:12:16.540 --> 00:12:18.440 position statements was this statement  
NOTE Confidence: 0.8604247

00:12:18.440 --> 00:12:20.720 saying although a minimal duration of  
NOTE Confidence: 0.8604247

00:12:20.720 --> 00:12:23.000 three months is required, insomnia of  
NOTE Confidence: 0.848947

00:12:23.000 --> 00:12:24.960 shorter duration may still  
NOTE Confidence: 0.848947

00:12:24.960 --> 00:12:26.430 need clinical attention.  
NOTE Confidence: 0.848947

00:12:26.430 --> 00:12:29.386 So this starts to give us a  
NOTE Confidence: 0.848947

00:12:29.386 --> 00:12:31.920 very new opportunity out Plan B,  
NOTE Confidence: 0.848947

00:12:31.920 --> 00:12:34.818 which is why don't we address asamia

NOTE Confidence: 0.848947

00:12:34.818 --> 00:12:37.398 when it's during its acute phase,

NOTE Confidence: 0.848947

00:12:37.400 --> 00:12:41.236 when it's not reached its chronic phase.

NOTE Confidence: 0.848947

00:12:41.240 --> 00:12:43.520 Now, why would that be important?

NOTE Confidence: 0.848947

00:12:43.520 --> 00:12:45.800 What are the benefits of this?

NOTE Confidence: 0.848947

00:12:45.800 --> 00:12:46.751 And believe me,

NOTE Confidence: 0.848947

00:12:46.751 --> 00:12:49.493 I used to have about 6 slides justifying

NOTE Confidence: 0.848947

00:12:49.493 --> 00:12:52.636 why I think acute insomnia is important,

NOTE Confidence: 0.848947

00:12:52.640 --> 00:12:55.300 and then a very dear friend and

NOTE Confidence: 0.848947

00:12:55.300 --> 00:12:57.200 colleague of mine from Upenn,

NOTE Confidence: 0.848947

00:12:57.200 --> 00:13:00.688 Michael Careless, said to me look decent.

NOTE Confidence: 0.848947

00:13:00.690 --> 00:13:03.606 An ounce of early intervention with acute

NOTE Confidence: 0.848947

00:13:03.606 --> 00:13:07.169 insomnia may be worth a pound of CBT I,

NOTE Confidence: 0.848947

00:13:07.170 --> 00:13:09.600 in the context of chronic insomnia.

NOTE Confidence: 0.848947

00:13:09.600 --> 00:13:11.886 In essence, what we're saying here

NOTE Confidence: 0.848947

00:13:11.886 --> 00:13:14.869 is if we can address it early,

NOTE Confidence: 0.848947

00:13:14.870 --> 00:13:17.698 we could probably do a lighter touch,  
NOTE Confidence: 0.848947

00:13:17.700 --> 00:13:20.094 because there's going to be less  
NOTE Confidence: 0.848947

00:13:20.094 --> 00:13:22.160 conditioned arousal at this point,  
NOTE Confidence: 0.848947

00:13:22.160 --> 00:13:24.830 and less self schemata around  
NOTE Confidence: 0.848947

00:13:24.830 --> 00:13:27.500 having the identity of insomnia.  
NOTE Confidence: 0.848947

00:13:27.500 --> 00:13:29.708 We can also help in terms of reducing  
NOTE Confidence: 0.848947

00:13:29.708 --> 00:13:32.588 all of those direct and indirect costs  
NOTE Confidence: 0.848947

00:13:32.588 --> 00:13:34.400 associated with chronic insomnia.  
NOTE Confidence: 0.848947

00:13:34.400 --> 00:13:37.190 One of those, of course being.  
NOTE Confidence: 0.848947

00:13:37.190 --> 00:13:39.010 Depression.  
NOTE Confidence: 0.848947

00:13:39.010 --> 00:13:40.090 So really,  
NOTE Confidence: 0.848947

00:13:40.090 --> 00:13:43.090 we've got a good rationale  
NOTE Confidence: 0.848947

00:13:43.090 --> 00:13:45.610 for intervening early.  
NOTE Confidence: 0.848947

00:13:45.610 --> 00:13:48.450 In terms of not only helping people,  
NOTE Confidence: 0.848947

00:13:48.450 --> 00:13:51.690 but also in terms of impacting on costs,  
NOTE Confidence: 0.848947

00:13:51.690 --> 00:13:54.294 and we could do it lighter and

NOTE Confidence: 0.848947

00:13:54.294 --> 00:13:57.358 easier than a full CBT eye protocol.

NOTE Confidence: 0.8515425

00:14:01.870 --> 00:14:03.640 The problem remains, however,

NOTE Confidence: 0.8515425

00:14:03.640 --> 00:14:06.640 is to what is acute insomnia.

NOTE Confidence: 0.8515425

00:14:06.640 --> 00:14:08.440 Believe it or not,

NOTE Confidence: 0.8515425

00:14:08.440 --> 00:14:10.690 considering the pattern ACOLOGY switch

NOTE Confidence: 0.8515425

00:14:10.690 --> 00:14:13.468 have covered insomnia since the 70s.

NOTE Confidence: 0.8515425

00:14:13.470 --> 00:14:15.556 Acute insomnia has always been

NOTE Confidence: 0.8515425

00:14:15.556 --> 00:14:18.334 defined on the basis of exclusion.

NOTE Confidence: 0.8515425

00:14:18.340 --> 00:14:19.738 In other words,

NOTE Confidence: 0.8515425

00:14:19.738 --> 00:14:22.534 in most instances it's assumed that

NOTE Confidence: 0.8515425

00:14:22.534 --> 00:14:25.890 insomnia that meets all of the criteria.

NOTE Confidence: 0.8515425

00:14:25.890 --> 00:14:27.190 For insomnia,

NOTE Confidence: 0.8515425

00:14:27.190 --> 00:14:31.054 except duration is classified as acute.

NOTE Confidence: 0.8515425

00:14:31.054 --> 00:14:33.618 Now that's a problem,

NOTE Confidence: 0.8515425

00:14:33.620 --> 00:14:36.764 because we don't really know enough about it,

NOTE Confidence: 0.8515425



00:14:36.770 --> 00:14:39.128 and it's never really been studied.  
NOTE Confidence: 0.8515425

00:14:39.130 --> 00:14:42.136 In order for us to see whether it might  
NOTE Confidence: 0.8515425

00:14:42.136 --> 00:14:44.777 actually be different and warrant a  
NOTE Confidence: 0.8515425

00:14:44.777 --> 00:14:47.007 different form of treatment strategy,  
NOTE Confidence: 0.8515425

00:14:47.010 --> 00:14:48.975 it might respond better to  
NOTE Confidence: 0.8515425

00:14:48.975 --> 00:14:50.555 a stress based protocol.  
NOTE Confidence: 0.8515425

00:14:50.555 --> 00:14:51.740 So in 2012,  
NOTE Confidence: 0.8515425

00:14:51.740 --> 00:14:54.498 one of the first things that we  
NOTE Confidence: 0.8515425

00:14:54.500 --> 00:14:57.246 did was created our own definition.  
NOTE Confidence: 0.8515425

00:14:57.246 --> 00:15:00.900 Our own working definition of acute insomnia.  
NOTE Confidence: 0.8515425

00:15:00.900 --> 00:15:04.850 Anyone who's familiar with the work of Art,  
NOTE Confidence: 0.8515425

00:15:04.850 --> 00:15:07.812 Spielman, will understand his 3P model  
NOTE Confidence: 0.8515425

00:15:07.812 --> 00:15:11.270 that insomnia is made up of predisposing,  
NOTE Confidence: 0.8515425

00:15:11.270 --> 00:15:11.898 precipitating,  
NOTE Confidence: 0.8515425

00:15:11.898 --> 00:15:13.782 and perpetuating factors.  
NOTE Confidence: 0.8515425

00:15:13.782 --> 00:15:16.708 Now, one of the things that Spielman

NOTE Confidence: 0.8515425

00:15:16.708 --> 00:15:19.010 said in his model, of course,

NOTE Confidence: 0.8515425

00:15:19.010 --> 00:15:20.924 is that acute insomnia starts

NOTE Confidence: 0.8515425

00:15:20.924 --> 00:15:22.834 because of a precipitating event,

NOTE Confidence: 0.8515425

00:15:22.840 --> 00:15:25.514 a life event that he's talking about,

NOTE Confidence: 0.8515425

00:15:25.520 --> 00:15:27.052 something like a divorce,

NOTE Confidence: 0.8515425

00:15:27.052 --> 00:15:29.350 or he's talking about a bereavement,

NOTE Confidence: 0.8515425

00:15:29.350 --> 00:15:31.770 something that is a major

NOTE Confidence: 0.8515425

00:15:31.770 --> 00:15:33.706 impact on somebody's life.

NOTE Confidence: 0.8515425

00:15:33.710 --> 00:15:36.848 One of the first things that we

NOTE Confidence: 0.8515425

00:15:36.850 --> 00:15:39.546 felt was that actually there are

NOTE Confidence: 0.8515425

00:15:39.546 --> 00:15:41.786 going to be other circumstances

NOTE Confidence: 0.8515425

00:15:41.790 --> 00:15:44.486 which will lead somebody over that

NOTE Confidence: 0.8515425

00:15:44.486 --> 00:15:47.123 threshold of insomnia into having

NOTE Confidence: 0.8515425

00:15:47.123 --> 00:15:50.028 that diagnosis of acute insomnia.

NOTE Confidence: 0.8515425

00:15:50.030 --> 00:15:51.806 So the main differentiation that

NOTE Confidence: 0.8515425

00:15:51.806 --> 00:15:54.650 we've had from the DSM and the ICS D

NOTE Confidence: 0.8515425

00:15:54.727 --> 00:15:57.422 is really we've taken account of the

NOTE Confidence: 0.8515425

00:15:57.422 --> 00:16:00.255 fact that not only might there be,

NOTE Confidence: 0.8515425

00:16:00.255 --> 00:16:03.540 as you can see on the left hand side,

NOTE Confidence: 0.8515425

00:16:03.540 --> 00:16:05.360 significant life event that takes

NOTE Confidence: 0.8515425

00:16:05.360 --> 00:16:07.582 somebody over a threshold of insomnia.

NOTE Confidence: 0.8515425

00:16:07.582 --> 00:16:10.200 But it could also be an accumulation

NOTE Confidence: 0.8515425

00:16:10.270 --> 00:16:11.910 of daily hassles, for example,

NOTE Confidence: 0.8515425

00:16:11.910 --> 00:16:14.150 and I think that many of us have

NOTE Confidence: 0.8515425

00:16:14.214 --> 00:16:16.080 experienced this and we're seeing a

NOTE Confidence: 0.8515425

00:16:16.080 --> 00:16:19.220 lot of this at the moment due to the

NOTE Confidence: 0.8515425

00:16:19.220 --> 00:16:21.334 circumstances that we're living in is

NOTE Confidence: 0.8515425

00:16:21.334 --> 00:16:23.460 that it's not one thing that people

NOTE Confidence: 0.8515425

00:16:23.460 --> 00:16:25.839 pinpoint that is kicked off their insomnia,

NOTE Confidence: 0.8515425

00:16:25.840 --> 00:16:27.576 but in accumulation of

NOTE Confidence: 0.8515425

00:16:27.576 --> 00:16:29.746 things that have built up.

NOTE Confidence: 0.8515425

00:16:29.750 --> 00:16:32.406 The third group that we talk about in

NOTE Confidence: 0.8515425

00:16:32.406 --> 00:16:35.318 terms of the precipitants for insomnia.

NOTE Confidence: 0.8515425

00:16:35.320 --> 00:16:37.310 Somebody who's chronically stressed if

NOTE Confidence: 0.8515425

00:16:37.310 --> 00:16:39.300 we've got somebody who's caregiving,

NOTE Confidence: 0.8515425

00:16:39.300 --> 00:16:40.096 for example.

NOTE Confidence: 0.8515425

00:16:40.096 --> 00:16:42.086 That's going to keep them

NOTE Confidence: 0.8515425

00:16:42.090 --> 00:16:44.005 quite close to that threshold.

NOTE Confidence: 0.8515425

00:16:44.005 --> 00:16:45.505 That stress threshold that

NOTE Confidence: 0.8515425

00:16:45.505 --> 00:16:47.260 goes over into insomnia.

NOTE Confidence: 0.8515425

00:16:47.260 --> 00:16:50.846 And it might just take one or two things

NOTE Confidence: 0.8515425

00:16:50.846 --> 00:16:54.030 that push them over the edge into insomnia.

NOTE Confidence: 0.8515425

00:16:54.030 --> 00:16:56.808 So we've rejected the idea that it

NOTE Confidence: 0.8515425

00:16:56.810 --> 00:16:59.988 has to be a significant life event.

NOTE Confidence: 0.8515425

00:16:59.990 --> 00:17:02.556 But they also could be daily

NOTE Confidence: 0.8515425

00:17:02.556 --> 00:17:04.328 hassles that have accumulated

NOTE Confidence: 0.8515425

00:17:04.328 --> 00:17:06.870 or indeed a chronic stressor.  
NOTE Confidence: 0.8515425

00:17:06.870 --> 00:17:07.650 Beyond that,  
NOTE Confidence: 0.8515425

00:17:07.650 --> 00:17:09.585 we generally keeping within the  
NOTE Confidence: 0.8515425

00:17:09.585 --> 00:17:12.746 framework of the DSM 5 in that it's  
NOTE Confidence: 0.8515425

00:17:12.746 --> 00:17:15.427 a problem of getting off to sleep,  
NOTE Confidence: 0.8515425

00:17:15.430 --> 00:17:16.286 staying asleep,  
NOTE Confidence: 0.8515425

00:17:16.286 --> 00:17:18.854 waking too early in the morning  
NOTE Confidence: 0.8515425

00:17:18.854 --> 00:17:20.590 despite adequate opportunity.  
NOTE Confidence: 0.8515425

00:17:20.590 --> 00:17:22.341 Three nights a week.  
NOTE Confidence: 0.8515425

00:17:22.341 --> 00:17:24.705 And causing significant daytime  
NOTE Confidence: 0.8515425

00:17:24.705 --> 00:17:26.478 impairment or distress.  
NOTE Confidence: 0.8515425

00:17:26.480 --> 00:17:30.353 But what we're talking about here is period.  
NOTE Confidence: 0.8515425

00:17:30.353 --> 00:17:32.284 Generally between two weeks,  
NOTE Confidence: 0.8515425

00:17:32.284 --> 00:17:33.248 three months.  
NOTE Confidence: 0.7757681

00:17:35.950 --> 00:17:39.316 OK, so we've now got a working  
NOTE Confidence: 0.7757681

00:17:39.316 --> 00:17:41.240 definition for acute insomnia.

NOTE Confidence: 0.7757681  
00:17:41.240 --> 00:17:44.240 That's fantastic. Yay me.  
NOTE Confidence: 0.7757681  
00:17:44.240 --> 00:17:46.900 Do we need to do after that?  
NOTE Confidence: 0.7757681  
00:17:46.900 --> 00:17:47.980 Well, you know.  
NOTE Confidence: 0.7757681  
00:17:47.980 --> 00:17:50.140 As with anything that we're dealing  
NOTE Confidence: 0.7757681  
00:17:50.140 --> 00:17:52.531 with in terms of looking for  
NOTE Confidence: 0.7757681  
00:17:52.531 --> 00:17:54.491 resource is for healthcare resources,  
NOTE Confidence: 0.7757681  
00:17:54.500 --> 00:17:57.540 we need to know what the prevalence is.  
NOTE Confidence: 0.7757681  
00:17:57.540 --> 00:17:59.820 We need to know the Epidemiology  
NOTE Confidence: 0.7757681  
00:17:59.820 --> 00:18:01.340 of acute insomnia becausw,  
NOTE Confidence: 0.7757681  
00:18:01.340 --> 00:18:04.000 is it worth plowing money into this?  
NOTE Confidence: 0.7757681  
00:18:04.000 --> 00:18:05.900 If indeed it doesn't exist  
NOTE Confidence: 0.7757681  
00:18:05.900 --> 00:18:07.800 and it's not very problematic.  
NOTE Confidence: 0.7757681  
00:18:07.800 --> 00:18:10.338 So we conducted the first study  
NOTE Confidence: 0.7757681  
00:18:10.338 --> 00:18:12.443 looking at the Epidemiology of  
NOTE Confidence: 0.7757681  
00:18:12.443 --> 00:18:14.767 acute insomnia in both the US and.  
NOTE Confidence: 0.7757681

00:18:14.770 --> 00:18:17.008 Can you take?  
NOTE Confidence: 0.7757681

00:18:17.010 --> 00:18:20.426 What we found from that is that the  
NOTE Confidence: 0.7757681

00:18:20.426 --> 00:18:22.679 point prevalence of acute insomnia  
NOTE Confidence: 0.7757681

00:18:22.679 --> 00:18:25.307 is somewhere between 8 and 9%.  
NOTE Confidence: 0.7757681

00:18:25.310 --> 00:18:28.152 So 8 or 9% of the population  
NOTE Confidence: 0.7757681

00:18:28.152 --> 00:18:30.389 are suffering from the acute  
NOTE Confidence: 0.7757681

00:18:30.389 --> 00:18:33.173 insomnia at any given time point.  
NOTE Confidence: 0.7757681

00:18:33.180 --> 00:18:35.920 What about its incidence, however?  
NOTE Confidence: 0.7757681

00:18:35.920 --> 00:18:38.685 When we start to talk about incidents,  
NOTE Confidence: 0.7757681

00:18:38.690 --> 00:18:41.455 we see quite a high incidence rate.  
NOTE Confidence: 0.7757681

00:18:41.460 --> 00:18:43.950 We're looking at an annual incidence  
NOTE Confidence: 0.7757681

00:18:43.950 --> 00:18:46.219 rate of between 31 to 36%,  
NOTE Confidence: 0.7757681

00:18:46.220 --> 00:18:49.780 so almost a third of the population will  
NOTE Confidence: 0.7757681

00:18:49.780 --> 00:18:52.817 develop acute insomnia in a given year.  
NOTE Confidence: 0.7757681

00:18:52.820 --> 00:18:56.005 But for a large majority of those,  
NOTE Confidence: 0.7757681

00:18:56.010 --> 00:18:58.754 they will naturally rumic as opposed to

NOTE Confidence: 0.7757681

00:18:58.754 --> 00:19:01.938 going on to develop chronic insomnia,

NOTE Confidence: 0.7757681

00:19:01.940 --> 00:19:03.608 just as a sideline.

NOTE Confidence: 0.7757681

00:19:03.608 --> 00:19:06.110 You know what we're dealing with

NOTE Confidence: 0.7757681

00:19:06.198 --> 00:19:08.844 at the moment in terms of covert,

NOTE Confidence: 0.7757681

00:19:08.850 --> 00:19:11.258 what we're seeing in terms of acute

NOTE Confidence: 0.7757681

00:19:11.258 --> 00:19:13.120 insomnia is increasing by about 40%,

NOTE Confidence: 0.7757681

00:19:13.120 --> 00:19:15.648 so we're going to see over this year

NOTE Confidence: 0.7757681

00:19:15.648 --> 00:19:19.190 and the next year, acute insomnia.

NOTE Confidence: 0.7757681

00:19:19.190 --> 00:19:20.004 Prevalence rates,

NOTE Confidence: 0.7757681

00:19:20.004 --> 00:19:22.853 probably in their 20s or even 30s.

NOTE Confidence: 0.7757681

00:19:22.860 --> 00:19:25.266 Lot of people suffering from acute

NOTE Confidence: 0.7757681

00:19:25.266 --> 00:19:28.164 insomnia at the moment there's a lot

NOTE Confidence: 0.7757681

00:19:28.164 --> 00:19:30.108 of uncertainty, anxiety and worry.

NOTE Confidence: 0.7757681

00:19:30.108 --> 00:19:30.484 Alright,

NOTE Confidence: 0.7757681

00:19:30.484 --> 00:19:33.470 so now we've got a definition fantastic,

NOTE Confidence: 0.7757681



00:19:33.470 --> 00:19:35.510 and that made me famous.  
NOTE Confidence: 0.7757681

00:19:35.510 --> 00:19:38.366 Now we've got the prevalence and incidents,  
NOTE Confidence: 0.7757681

00:19:38.370 --> 00:19:41.626 so now we've got some good data behind.  
NOTE Confidence: 0.7757681

00:19:41.630 --> 00:19:45.018 How popular and common it is and  
NOTE Confidence: 0.7757681

00:19:45.018 --> 00:19:48.699 whether we need to address it or not.  
NOTE Confidence: 0.7757681

00:19:48.700 --> 00:19:51.017 So now we really need to know  
NOTE Confidence: 0.7757681

00:19:51.017 --> 00:19:53.118 more about what it looks like.  
NOTE Confidence: 0.7757681

00:19:53.120 --> 00:19:56.200 What does acute insomnia actually look like?  
NOTE Confidence: 0.7757681

00:19:56.200 --> 00:19:58.354 Going back to the apea and  
NOTE Confidence: 0.7757681

00:19:58.354 --> 00:20:00.240 what they suggested in 2012.  
NOTE Confidence: 0.7757681

00:20:00.240 --> 00:20:00.647 Well,  
NOTE Confidence: 0.7757681

00:20:00.647 --> 00:20:03.089 they suggested that this situational or  
NOTE Confidence: 0.7757681

00:20:03.089 --> 00:20:05.622 acute insomnia is often associated with  
NOTE Confidence: 0.7757681

00:20:05.622 --> 00:20:08.520 life events or changes in sleep schedules,  
NOTE Confidence: 0.7757681

00:20:08.520 --> 00:20:12.246 so that's the first part we want to check.  
NOTE Confidence: 0.7757681

00:20:12.250 --> 00:20:14.095 Does this trigger actually need

NOTE Confidence: 0.7757681  
00:20:14.095 --> 00:20:16.506 to occur in order for somebody  
NOTE Confidence: 0.7757681  
00:20:16.506 --> 00:20:18.458 to develop acute insomnia?  
NOTE Confidence: 0.7757681  
00:20:18.460 --> 00:20:21.016 Starting now to look more into  
NOTE Confidence: 0.7757681  
00:20:21.016 --> 00:20:23.010 the analytic Epidemiology of it?  
NOTE Confidence: 0.8591417  
00:20:25.300 --> 00:20:28.296 So what if we got in terms  
NOTE Confidence: 0.8591417  
00:20:28.296 --> 00:20:29.580 of previous research?  
NOTE Confidence: 0.8591417  
00:20:29.580 --> 00:20:32.052 There's only actually one significant paper  
NOTE Confidence: 0.8591417  
00:20:32.052 --> 00:20:34.290 on precipitating factors in insomnia,  
NOTE Confidence: 0.8591417  
00:20:34.290 --> 00:20:38.378 and this is my cell am Bastian.  
NOTE Confidence: 0.8591417  
00:20:38.380 --> 00:20:40.216 University level from 2004.  
NOTE Confidence: 0.8591417  
00:20:40.216 --> 00:20:44.386 An what Celine did is she got a group  
NOTE Confidence: 0.8591417  
00:20:44.386 --> 00:20:47.038 of patients that were coming through  
NOTE Confidence: 0.8591417  
00:20:47.038 --> 00:20:50.477 to clinic for treatment 323 and she  
NOTE Confidence: 0.8591417  
00:20:50.477 --> 00:20:53.418 asked them whether they could recall  
NOTE Confidence: 0.8591417  
00:20:53.418 --> 00:20:56.412 the precipitant event that kicked off  
NOTE Confidence: 0.8591417

00:20:56.412 --> 00:20:59.164 and triggered their insomnia and what

NOTE Confidence: 0.8591417

00:20:59.164 --> 00:21:02.712 she found was 78.3% of them said yes

NOTE Confidence: 0.8591417

00:21:02.712 --> 00:21:05.520 they can recall a specific event.

NOTE Confidence: 0.8591417

00:21:05.520 --> 00:21:08.370 Now there are two main challenges

NOTE Confidence: 0.8591417

00:21:08.370 --> 00:21:09.320 with Celine's.

NOTE Confidence: 0.8591417

00:21:09.320 --> 00:21:09.968 Work here.

NOTE Confidence: 0.8591417

00:21:09.968 --> 00:21:12.560 The first is that the mean length that

NOTE Confidence: 0.8591417

00:21:12.627 --> 00:21:14.769 people had insomnia when they went

NOTE Confidence: 0.8591417

00:21:14.769 --> 00:21:17.188 into the clinic was over 10 years.

NOTE Confidence: 0.8591417

00:21:17.190 --> 00:21:19.614 So there's gonna be some memory

NOTE Confidence: 0.8591417

00:21:19.614 --> 00:21:20.826 biases around that.

NOTE Confidence: 0.8591417

00:21:20.830 --> 00:21:23.147 That we need to be mindful of.

NOTE Confidence: 0.8591417

00:21:23.150 --> 00:21:25.160 The other issue, of course,

NOTE Confidence: 0.8591417

00:21:25.160 --> 00:21:27.374 is that she didn't account for

NOTE Confidence: 0.8591417

00:21:27.374 --> 00:21:29.570 a previous history of insomnia,

NOTE Confidence: 0.8591417

00:21:29.570 --> 00:21:31.986 and one of the things that we do

NOTE Confidence: 0.8591417

00:21:31.986 --> 00:21:34.816 know is that a previous episode of

NOTE Confidence: 0.8591417

00:21:34.816 --> 00:21:37.535 Insomnia is a significant risk factor

NOTE Confidence: 0.8591417

00:21:37.535 --> 00:21:39.985 for the development of insomnia,

NOTE Confidence: 0.8591417

00:21:39.990 --> 00:21:42.502 and so we might want to look at

NOTE Confidence: 0.8591417

00:21:42.502 --> 00:21:44.129 whether there are differences

NOTE Confidence: 0.8591417

00:21:44.129 --> 00:21:46.434 in precipitating events based on

NOTE Confidence: 0.8591417

00:21:46.434 --> 00:21:49.220 whether it's your first ever episode,

NOTE Confidence: 0.8591417

00:21:49.220 --> 00:21:52.420 or indeed whether it is a recurrent episode.

NOTE Confidence: 0.8591417

00:21:52.420 --> 00:21:54.424 So small scale study.

NOTE Confidence: 0.8591417

00:21:54.424 --> 00:21:58.210 We've asked people, in essence.

NOTE Confidence: 0.8591417

00:21:58.210 --> 00:21:58.541 Um,

NOTE Confidence: 0.8591417

00:21:58.541 --> 00:22:00.858 if there in the first three months

NOTE Confidence: 0.8591417

00:22:00.858 --> 00:22:02.990 of a recurrent episode,

NOTE Confidence: 0.8591417

00:22:02.990 --> 00:22:05.366 so they're still in acute insomnia,

NOTE Confidence: 0.8591417

00:22:05.370 --> 00:22:07.360 but they're going through a

NOTE Confidence: 0.8591417

00:22:07.360 --> 00:22:09.351 recurrent episode, not their first.  
NOTE Confidence: 0.8591417

00:22:09.351 --> 00:22:11.733 What happens if you ask people?  
NOTE Confidence: 0.8591417

00:22:11.740 --> 00:22:14.617 Can they identify a precipitant an it's  
NOTE Confidence: 0.8591417

00:22:14.617 --> 00:22:17.764 interesting in the sense that 93% of people,  
NOTE Confidence: 0.8591417

00:22:17.764 --> 00:22:20.718 even though there are increased risk for  
NOTE Confidence: 0.8591417

00:22:20.718 --> 00:22:23.679 insomnia because they've had it in the past.  
NOTE Confidence: 0.8591417

00:22:23.680 --> 00:22:26.164 They can still identify a precipitants  
NOTE Confidence: 0.8591417

00:22:26.164 --> 00:22:28.150 or precipitant is needed for.  
NOTE Confidence: 0.8591417

00:22:28.150 --> 00:22:31.650 Even a recurrent episode.  
NOTE Confidence: 0.8591417

00:22:31.650 --> 00:22:34.282 What about if you ask people if  
NOTE Confidence: 0.8591417

00:22:34.282 --> 00:22:36.509 it's their first ever episode?  
NOTE Confidence: 0.8591417

00:22:36.510 --> 00:22:38.784 So you're asking people within the  
NOTE Confidence: 0.8591417

00:22:38.784 --> 00:22:41.239 1st three months of their first  
NOTE Confidence: 0.8591417

00:22:41.239 --> 00:22:43.394 ever episode of Acute Insomnia?  
NOTE Confidence: 0.8591417

00:22:43.400 --> 00:22:44.518 Surprise, surprise.  
NOTE Confidence: 0.8591417

00:22:44.518 --> 00:22:46.754 100% everyone interviewed could

NOTE Confidence: 0.8591417

00:22:46.754 --> 00:22:49.477 identify specific precipitants they may

NOTE Confidence: 0.8591417

00:22:49.477 --> 00:22:51.955 have been accumulations of daily hassles.

NOTE Confidence: 0.8591417

00:22:51.960 --> 00:22:54.618 They may have been life events

NOTE Confidence: 0.8591417

00:22:54.618 --> 00:22:56.918 or chronic stressors with an

NOTE Confidence: 0.8591417

00:22:56.918 --> 00:22:59.158 additional stress burden on it,

NOTE Confidence: 0.8591417

00:22:59.160 --> 00:23:01.410 but they could identify something

NOTE Confidence: 0.8591417

00:23:01.410 --> 00:23:03.660 that triggered off their insomnia.

NOTE Confidence: 0.8591417

00:23:03.660 --> 00:23:06.607 So it seems like the API is

NOTE Confidence: 0.8591417

00:23:06.607 --> 00:23:08.610 on the right track.

NOTE Confidence: 0.8591417

00:23:08.610 --> 00:23:13.965 It is precipitated by an event of some sort.

NOTE Confidence: 0.8591417

00:23:13.970 --> 00:23:16.970 Alright, so now we know.

NOTE Confidence: 0.8591417

00:23:16.970 --> 00:23:20.266 But it looks like we now know the

NOTE Confidence: 0.8591417

00:23:20.266 --> 00:23:23.690 prevalence of it and we now know that it

NOTE Confidence: 0.8591417

00:23:23.690 --> 00:23:27.047 is in response to a precipitating event.

NOTE Confidence: 0.8591417

00:23:27.050 --> 00:23:28.553 What about sleep?

NOTE Confidence: 0.8591417

00:23:28.553 --> 00:23:30.557 It's an interesting thing.  
NOTE Confidence: 0.8591417

00:23:30.560 --> 00:23:33.074 We would probably take it for  
NOTE Confidence: 0.8591417

00:23:33.074 --> 00:23:35.779 granted that its impact is on sleep,  
NOTE Confidence: 0.8591417

00:23:35.780 --> 00:23:38.540 but we really do need to check that  
NOTE Confidence: 0.8591417

00:23:38.540 --> 00:23:41.790 and so very small scale study really.  
NOTE Confidence: 0.8591417

00:23:41.790 --> 00:23:44.124 Just looking at people with acute  
NOTE Confidence: 0.8591417

00:23:44.124 --> 00:23:47.008 insomnia compared to a group of controls,  
NOTE Confidence: 0.8591417

00:23:47.010 --> 00:23:49.145 matched controls and looking at  
NOTE Confidence: 0.8591417

00:23:49.145 --> 00:23:51.280 their sleep diary information when  
NOTE Confidence: 0.8591417

00:23:51.348 --> 00:23:53.418 we look at people sleep Diaries,  
NOTE Confidence: 0.8591417

00:23:53.420 --> 00:23:56.556 what we do see is that there are  
NOTE Confidence: 0.8591417

00:23:56.556 --> 00:23:57.830 significant differences there.  
NOTE Confidence: 0.8591417

00:23:57.830 --> 00:23:59.348 Reporting increased sleep.  
NOTE Confidence: 0.8591417

00:23:59.348 --> 00:24:01.372 Latency's increased wake after  
NOTE Confidence: 0.8591417

00:24:01.372 --> 00:24:02.890 sleep onset and  
NOTE Confidence: 0.848126742400001

00:24:02.967 --> 00:24:05.292 certainly reduced total sleep time

NOTE Confidence: 0.848126742400001  
00:24:05.292 --> 00:24:07.617 and a decreased sleep efficiency  
NOTE Confidence: 0.848126742400001  
00:24:07.688 --> 00:24:09.908 compared to our normal sleepers,  
NOTE Confidence: 0.848126742400001  
00:24:09.910 --> 00:24:13.333 so their self reports of sleep are  
NOTE Confidence: 0.848126742400001  
00:24:13.333 --> 00:24:16.430 poor compared to normal sleepers.  
NOTE Confidence: 0.848126742400001  
00:24:16.430 --> 00:24:19.006 When we look at some of their  
NOTE Confidence: 0.848126742400001  
00:24:19.006 --> 00:24:20.879 measures of stress and mood,  
NOTE Confidence: 0.848126742400001  
00:24:20.880 --> 00:24:23.848 they appear to be reporting more life events.  
NOTE Confidence: 0.848126742400001  
00:24:23.850 --> 00:24:27.378 That makes sense with the precipitants.  
NOTE Confidence: 0.848126742400001  
00:24:27.380 --> 00:24:30.236 Despite stress over the last month,  
NOTE Confidence: 0.848126742400001  
00:24:30.240 --> 00:24:32.615 that is also significantly higher  
NOTE Confidence: 0.848126742400001  
00:24:32.615 --> 00:24:35.948 than our normal sleepers, as are our  
NOTE Confidence: 0.848126742400001  
00:24:35.948 --> 00:24:38.328 symptoms of anxiety and depression,  
NOTE Confidence: 0.848126742400001  
00:24:38.330 --> 00:24:41.498 so it gives us our first indication of  
NOTE Confidence: 0.848126742400001  
00:24:41.498 --> 00:24:45.426 some of the elements that are feeding into  
NOTE Confidence: 0.848126742400001  
00:24:45.426 --> 00:24:50.070 this experience of acute insomnia, wonderful.  
NOTE Confidence: 0.848126742400001



00:24:50.070 --> 00:24:52.320 What about the actual sleep?  
NOTE Confidence: 0.848126742400001

00:24:52.320 --> 00:24:53.664 What's happening with  
NOTE Confidence: 0.848126742400001

00:24:53.664 --> 00:24:55.008 somebody's sleep architecture?  
NOTE Confidence: 0.848126742400001

00:24:55.010 --> 00:24:56.357 During acute insomnia?  
NOTE Confidence: 0.848126742400001

00:24:56.357 --> 00:24:59.500 One of the mysteries that we've got,  
NOTE Confidence: 0.848126742400001

00:24:59.500 --> 00:25:02.636 certainly in the realm of chronic insomnia,  
NOTE Confidence: 0.848126742400001

00:25:02.640 --> 00:25:05.454 is that we've never really found a  
NOTE Confidence: 0.848126742400001

00:25:05.454 --> 00:25:08.030 biological signal within sleep architecture,  
NOTE Confidence: 0.848126742400001

00:25:08.030 --> 00:25:10.718 and so would we find one  
NOTE Confidence: 0.848126742400001

00:25:10.718 --> 00:25:12.062 within acute insomnia.  
NOTE Confidence: 0.848126742400001

00:25:12.070 --> 00:25:14.770 Let's find out the answer is,  
NOTE Confidence: 0.848126742400001

00:25:14.770 --> 00:25:17.682 there does appear to be a tradeoff  
NOTE Confidence: 0.848126742400001

00:25:17.682 --> 00:25:20.220 when somebody has acute insomnia.  
NOTE Confidence: 0.848126742400001

00:25:20.220 --> 00:25:22.908 It appears that there seems to  
NOTE Confidence: 0.848126742400001

00:25:22.908 --> 00:25:25.690 be a switch between N2 and N3.  
NOTE Confidence: 0.848126742400001

00:25:25.690 --> 00:25:28.216 We reduced the amount of N3,

NOTE Confidence: 0.848126742400001  
00:25:28.220 --> 00:25:30.692 slow wave sleep and we increase  
NOTE Confidence: 0.848126742400001  
00:25:30.692 --> 00:25:32.850 at about the same rate.  
NOTE Confidence: 0.848126742400001  
00:25:32.850 --> 00:25:36.218 How levels of N2 or stage two sleep?  
NOTE Confidence: 0.848126742400001  
00:25:36.220 --> 00:25:39.084 So there does appear to be a change  
NOTE Confidence: 0.848126742400001  
00:25:39.084 --> 00:25:41.263 in sleep architecture associated  
NOTE Confidence: 0.848126742400001  
00:25:41.263 --> 00:25:44.027 with having acute insomnia.  
NOTE Confidence: 0.848126742400001  
00:25:44.030 --> 00:25:45.920 Now this is all wonderful.  
NOTE Confidence: 0.848126742400001  
00:25:45.920 --> 00:25:47.800 We're mapping out acute insomnia.  
NOTE Confidence: 0.848126742400001  
00:25:47.800 --> 00:25:49.190 It's beautiful,  
NOTE Confidence: 0.848126742400001  
00:25:49.190 --> 00:25:50.580 it's wonderful.  
NOTE Confidence: 0.848126742400001  
00:25:50.580 --> 00:25:52.512 What we really want to know if  
NOTE Confidence: 0.848126742400001  
00:25:52.512 --> 00:25:54.721 we want to start thinking about  
NOTE Confidence: 0.848126742400001  
00:25:54.721 --> 00:25:57.343 intervening and helping is what really  
NOTE Confidence: 0.848126742400001  
00:25:57.343 --> 00:25:59.806 makes somebody go acute to chronic.  
NOTE Confidence: 0.848126742400001  
00:25:59.810 --> 00:26:01.286 That's the key point.  
NOTE Confidence: 0.848126742400001

00:26:01.286 --> 00:26:03.500 That's what we want to know,  
NOTE Confidence: 0.848126742400001

00:26:03.500 --> 00:26:06.964 because we know that in the majority of  
NOTE Confidence: 0.848126742400001

00:26:06.964 --> 00:26:10.437 cases that it should go away on its own.  
NOTE Confidence: 0.848126742400001

00:26:10.440 --> 00:26:12.250 So.  
NOTE Confidence: 0.848126742400001

00:26:12.250 --> 00:26:13.771 Let's characterize people.  
NOTE Confidence: 0.848126742400001

00:26:13.771 --> 00:26:17.320 So we've taken our group of people  
NOTE Confidence: 0.848126742400001

00:26:17.407 --> 00:26:19.069 with acute insomnia.  
NOTE Confidence: 0.848126742400001

00:26:19.070 --> 00:26:21.550 We followed them up.  
NOTE Confidence: 0.848126742400001

00:26:21.550 --> 00:26:23.524 For the next three months and  
NOTE Confidence: 0.848126742400001

00:26:23.524 --> 00:26:26.098 we've worked out who's gone on to  
NOTE Confidence: 0.848126742400001

00:26:26.098 --> 00:26:28.088 develop chronic insomnia and who's  
NOTE Confidence: 0.848126742400001

00:26:28.088 --> 00:26:29.840 naturally emitted from insomnia.  
NOTE Confidence: 0.848126742400001

00:26:29.840 --> 00:26:31.926 So we've split that group and we're  
NOTE Confidence: 0.848126742400001

00:26:31.926 --> 00:26:34.092 going to look at those baseline  
NOTE Confidence: 0.848126742400001

00:26:34.092 --> 00:26:35.700 characteristics around the sleep  
NOTE Confidence: 0.848126742400001

00:26:35.700 --> 00:26:37.760 diary and sleep architecture.

NOTE Confidence: 0.848126742400001  
00:26:37.760 --> 00:26:40.329 Are there any signals at that early  
NOTE Confidence: 0.848126742400001  
00:26:40.329 --> 00:26:42.891 stage which start to give us an  
NOTE Confidence: 0.848126742400001  
00:26:42.891 --> 00:26:44.967 indication of who's going to develop  
NOTE Confidence: 0.848126742400001  
00:26:45.046 --> 00:26:47.056 chronic insomnia and who's not  
NOTE Confidence: 0.848126742400001  
00:26:47.056 --> 00:26:49.583 lose naturally going to get better?  
NOTE Confidence: 0.848126742400001  
00:26:49.583 --> 00:26:52.661 So let's look at sleep diary  
NOTE Confidence: 0.848126742400001  
00:26:52.661 --> 00:26:53.687 information first.  
NOTE Confidence: 0.848126742400001  
00:26:53.690 --> 00:26:54.540 No differences,  
NOTE Confidence: 0.848126742400001  
00:26:54.540 --> 00:26:57.515 so it doesn't appear that the severity  
NOTE Confidence: 0.848126742400001  
00:26:57.515 --> 00:27:00.189 or the perceived severity of symptoms  
NOTE Confidence: 0.848126742400001  
00:27:00.189 --> 00:27:02.924 is the thing that fuels somebody  
NOTE Confidence: 0.848126742400001  
00:27:02.924 --> 00:27:05.870 going from acute to chronic insomnia.  
NOTE Confidence: 0.848126742400001  
00:27:05.870 --> 00:27:08.120 No differences in sleep latency,  
NOTE Confidence: 0.848126742400001  
00:27:08.120 --> 00:27:09.473 number of awakenings,  
NOTE Confidence: 0.848126742400001  
00:27:09.473 --> 00:27:11.277 wake after sleep onset,  
NOTE Confidence: 0.848126742400001

00:27:11.280 --> 00:27:13.293 total sleep time,  
NOTE Confidence: 0.848126742400001

00:27:13.293 --> 00:27:15.977 or indeed sleep efficiency.  
NOTE Confidence: 0.848126742400001

00:27:15.980 --> 00:27:16.347 OK,  
NOTE Confidence: 0.848126742400001

00:27:16.347 --> 00:27:18.549 so it's not about the severity  
NOTE Confidence: 0.848126742400001

00:27:18.549 --> 00:27:20.636 of the complaint that drives  
NOTE Confidence: 0.848126742400001

00:27:20.636 --> 00:27:22.460 acute to chronic insomnia.  
NOTE Confidence: 0.82627153

00:27:24.710 --> 00:27:26.620 Let's look at their architecture,  
NOTE Confidence: 0.82627153

00:27:26.620 --> 00:27:27.763 the baseline architecture.  
NOTE Confidence: 0.82627153

00:27:27.763 --> 00:27:30.430 And here we see some curious differences.  
NOTE Confidence: 0.82627153

00:27:30.430 --> 00:27:33.967 What we see is those people who have acute  
NOTE Confidence: 0.82627153

00:27:33.967 --> 00:27:37.135 insomnia but will remit within three months.  
NOTE Confidence: 0.82627153

00:27:37.140 --> 00:27:39.090 In terms of REM latency,  
NOTE Confidence: 0.82627153

00:27:39.090 --> 00:27:41.430 how rapidly there going into REM,  
NOTE Confidence: 0.82627153

00:27:41.430 --> 00:27:44.158 what we are seeing is that they pretty  
NOTE Confidence: 0.82627153

00:27:44.158 --> 00:27:46.657 much the same as normal sleepers  
NOTE Confidence: 0.82627153

00:27:46.657 --> 00:27:48.832 rather than that 9200 minutes.

NOTE Confidence: 0.82627153

00:27:48.840 --> 00:27:51.180 Other people who go on to

NOTE Confidence: 0.82627153

00:27:51.180 --> 00:27:52.350 develop chronic insomnia,

NOTE Confidence: 0.82627153

00:27:52.350 --> 00:27:55.157 their REM latency is actually quite sure

NOTE Confidence: 0.82627153

00:27:55.157 --> 00:27:57.418 comparatively on average it's 66 minutes.

NOTE Confidence: 0.82627153

00:27:57.420 --> 00:27:57.810 Similarly,

NOTE Confidence: 0.82627153

00:27:57.810 --> 00:28:01.320 when we start to look at slow wave sleep,

NOTE Confidence: 0.82627153

00:28:01.320 --> 00:28:04.296 we see that there is a linear reduction

NOTE Confidence: 0.82627153

00:28:04.296 --> 00:28:07.257 in slow wave sleep by group status.

NOTE Confidence: 0.82627153

00:28:07.260 --> 00:28:09.600 With those people who go on

NOTE Confidence: 0.82627153

00:28:09.600 --> 00:28:11.160 to develop chronic insomnia,

NOTE Confidence: 0.82627153

00:28:11.160 --> 00:28:13.012 demonstrating the shortest amounts

NOTE Confidence: 0.82627153

00:28:13.012 --> 00:28:15.790 of slow wave sleep at baseline.

NOTE Confidence: 0.82627153

00:28:15.790 --> 00:28:20.398 So that starts to give us an indication now.

NOTE Confidence: 0.82627153

00:28:20.400 --> 00:28:21.816 Is it about stress?

NOTE Confidence: 0.82627153

00:28:21.816 --> 00:28:24.407 Is it that stress that is fueling

NOTE Confidence: 0.82627153

00:28:24.407 --> 00:28:26.717 these changes in terms of REM  
NOTE Confidence: 0.82627153

00:28:26.717 --> 00:28:29.220 in terms of slow wave sleep?  
NOTE Confidence: 0.82627153

00:28:29.220 --> 00:28:31.380 Looking at Life Events scale scores,  
NOTE Confidence: 0.82627153

00:28:31.380 --> 00:28:32.820 no real significant difference  
NOTE Confidence: 0.82627153

00:28:32.820 --> 00:28:34.260 between those two groups,  
NOTE Confidence: 0.82627153

00:28:34.260 --> 00:28:36.675 so it doesn't appear to be about  
NOTE Confidence: 0.82627153

00:28:36.675 --> 00:28:38.940 the veracity of the life events.  
NOTE Confidence: 0.82627153

00:28:38.940 --> 00:28:40.444 What about perceived stress,  
NOTE Confidence: 0.82627153

00:28:40.444 --> 00:28:41.948 scale scores so perceived  
NOTE Confidence: 0.82627153

00:28:41.948 --> 00:28:43.619 stress over the last month?  
NOTE Confidence: 0.82627153

00:28:43.620 --> 00:28:45.420 Again, no significant differences there,  
NOTE Confidence: 0.82627153

00:28:45.420 --> 00:28:47.580 So what it appears is it's  
NOTE Confidence: 0.82627153

00:28:47.580 --> 00:28:49.020 not about the stress,  
NOTE Confidence: 0.82627153

00:28:49.020 --> 00:28:51.180 so we're doing this as a  
NOTE Confidence: 0.82627153

00:28:51.180 --> 00:28:52.260 process of elimination.  
NOTE Confidence: 0.82627153

00:28:52.260 --> 00:28:55.140 That's why it's taking me so many years,

NOTE Confidence: 0.82627153

00:28:55.140 --> 00:28:57.660 and that's why I look so old.

NOTE Confidence: 0.82627153

00:28:57.660 --> 00:28:59.396 I'm actually only 19.

NOTE Confidence: 0.82627153

00:28:59.396 --> 00:29:00.698 But in essence,

NOTE Confidence: 0.82627153

00:29:00.700 --> 00:29:02.510 through our process of elimination,

NOTE Confidence: 0.82627153

00:29:02.510 --> 00:29:04.592 we've determined that it's not really

NOTE Confidence: 0.82627153

00:29:04.592 --> 00:29:06.869 about the severity of the complaint,

NOTE Confidence: 0.82627153

00:29:06.870 --> 00:29:09.480 and it's not about the

NOTE Confidence: 0.82627153

00:29:09.480 --> 00:29:12.090 severity of the stress itself.

NOTE Confidence: 0.82627153

00:29:12.090 --> 00:29:14.410 What do we see this pattern in there?

NOTE Confidence: 0.82627153

00:29:14.410 --> 00:29:16.610 And this is something that sparked a little

NOTE Confidence: 0.82627153

00:29:16.610 --> 00:29:18.760 sideline is we've seen this pattern before.

NOTE Confidence: 0.82627153

00:29:18.760 --> 00:29:21.686 We've seen this pattern in the 70s.

NOTE Confidence: 0.82627153

00:29:21.690 --> 00:29:24.455 I've seriously reduced REM latency

NOTE Confidence: 0.82627153

00:29:24.455 --> 00:29:27.220 and reduced slow wave sleep.

NOTE Confidence: 0.82627153

00:29:27.220 --> 00:29:29.636 Is also a marker.

NOTE Confidence: 0.82627153



00:29:29.636 --> 00:29:31.448 Of potential depression.  
NOTE Confidence: 0.82627153

00:29:31.450 --> 00:29:34.334 So maybe it's the depression that's firming  
NOTE Confidence: 0.82627153

00:29:34.334 --> 00:29:37.632 this up so we looked specifically at  
NOTE Confidence: 0.82627153

00:29:37.632 --> 00:29:40.608 levels of anxiety levels of depression,  
NOTE Confidence: 0.82627153

00:29:40.610 --> 00:29:43.536 and certainly you can see that those  
NOTE Confidence: 0.82627153

00:29:43.536 --> 00:29:47.478 people who go on to develop chronic insomnia.  
NOTE Confidence: 0.82627153

00:29:47.480 --> 00:29:49.770 They have more anxious and  
NOTE Confidence: 0.82627153

00:29:49.770 --> 00:29:51.602 depressive symptomology at baseline,  
NOTE Confidence: 0.82627153

00:29:51.610 --> 00:29:56.920 so that may well be one of our drivers.  
NOTE Confidence: 0.82627153

00:29:56.920 --> 00:29:58.504 Now the thing we got to remember is  
NOTE Confidence: 0.82627153

00:29:58.504 --> 00:29:59.759 that's actually quite a small sample,  
NOTE Confidence: 0.82627153

00:29:59.760 --> 00:30:00.260 so we.  
NOTE Confidence: 0.82627153

00:30:00.260 --> 00:30:02.010 Want to be a bit more mindful  
NOTE Confidence: 0.82627153

00:30:02.010 --> 00:30:03.818 about larger samples before we  
NOTE Confidence: 0.82627153

00:30:03.818 --> 00:30:05.310 can make these judgments?  
NOTE Confidence: 0.82627153

00:30:05.310 --> 00:30:07.982 And I'm going to come on to that

NOTE Confidence: 0.82627153

00:30:07.982 --> 00:30:10.627 in the next part of the talk.

NOTE Confidence: 0.82627153

00:30:10.630 --> 00:30:13.078 So we're going to take a break here.

NOTE Confidence: 0.82627153

00:30:13.080 --> 00:30:15.120 Before I start talking again,

NOTE Confidence: 0.82627153

00:30:15.120 --> 00:30:16.436 what do we know?

NOTE Confidence: 0.82627153

00:30:16.436 --> 00:30:19.018 So what do we know about sleeping

NOTE Confidence: 0.82627153

00:30:19.018 --> 00:30:21.628 with the enemy acute insomnia?

NOTE Confidence: 0.82627153

00:30:21.630 --> 00:30:24.479 It is associated with a precipitating event.

NOTE Confidence: 0.82627153

00:30:24.480 --> 00:30:26.916 It's got a pretty high prevalence,

NOTE Confidence: 0.82627153

00:30:26.920 --> 00:30:28.932 8-9 percent annual incidence

NOTE Confidence: 0.82627153

00:30:28.932 --> 00:30:31.447 is quite high as well.

NOTE Confidence: 0.82627153

00:30:31.450 --> 00:30:33.760 It's associated with increased stage,

NOTE Confidence: 0.82627153

00:30:33.760 --> 00:30:36.790 two decrease slow wave sleep at

NOTE Confidence: 0.82627153

00:30:36.790 --> 00:30:39.336 transition to chronic insomnia is

NOTE Confidence: 0.82627153

00:30:39.336 --> 00:30:41.976 associated with the fast onset of

NOTE Confidence: 0.82627153

00:30:41.976 --> 00:30:44.652 REM and decreased slow wave sleep

NOTE Confidence: 0.82627153

00:30:44.652 --> 00:30:47.620 that does look quite similar to what  
NOTE Confidence: 0.8416653

00:30:47.620 --> 00:30:51.841 we see is the onset of an  
NOTE Confidence: 0.8416653

00:30:51.841 --> 00:30:53.650 affective disorder alright.  
NOTE Confidence: 0.8416653

00:30:53.650 --> 00:30:56.314 Now we've got to a point of thinking right?  
NOTE Confidence: 0.8416653

00:30:56.320 --> 00:30:57.828 Let's talk about intervention.  
NOTE Confidence: 0.8416653

00:30:57.828 --> 00:31:01.489 What are we going to do about intervention?  
NOTE Confidence: 0.8416653

00:31:01.490 --> 00:31:04.668 If we were to create an intervention.  
NOTE Confidence: 0.8416653

00:31:04.670 --> 00:31:06.214 Where would we intervene?  
NOTE Confidence: 0.8416653

00:31:06.214 --> 00:31:08.530 What's the point that we intervene?  
NOTE Confidence: 0.8416653

00:31:08.530 --> 00:31:10.744 And certainly if we think about  
NOTE Confidence: 0.8416653

00:31:10.744 --> 00:31:12.780 it as a precipitating events,  
NOTE Confidence: 0.8416653

00:31:12.780 --> 00:31:14.705 you'd maybe want to look  
NOTE Confidence: 0.8416653

00:31:14.705 --> 00:31:16.245 at a stress framework,  
NOTE Confidence: 0.8416653

00:31:16.250 --> 00:31:19.338 but that doesn't appear to be the case,  
NOTE Confidence: 0.8416653

00:31:19.340 --> 00:31:21.596 so perhaps we should study the  
NOTE Confidence: 0.8416653

00:31:21.596 --> 00:31:23.580 blue area from Spillmans model.

NOTE Confidence: 0.8416653

00:31:23.580 --> 00:31:25.848 Maybe we should look to see are

NOTE Confidence: 0.8416653

00:31:25.848 --> 00:31:27.844 these perpetuate ING behaviors and

NOTE Confidence: 0.8416653

00:31:27.844 --> 00:31:29.756 cognitions and affective issues?

NOTE Confidence: 0.8416653

00:31:29.760 --> 00:31:32.076 I think present during acute insomnia.

NOTE Confidence: 0.8959294

00:31:34.890 --> 00:31:38.726 So this is a much larger sample.

NOTE Confidence: 0.8959294

00:31:38.730 --> 00:31:42.069 And here we got a group of normal sleepers

NOTE Confidence: 0.8959294

00:31:42.069 --> 00:31:45.349 737 against people with acute insomnia,

NOTE Confidence: 0.8959294

00:31:45.350 --> 00:31:47.681 and so we've looked at them in

NOTE Confidence: 0.8959294

00:31:47.681 --> 00:31:50.507 terms of their sleep symptoms and

NOTE Confidence: 0.8959294

00:31:50.507 --> 00:31:52.835 predisposing factors of personality,

NOTE Confidence: 0.8959294

00:31:52.840 --> 00:31:55.045 arousal predisposition and of course

NOTE Confidence: 0.8959294

00:31:55.045 --> 00:31:56.809 stress and insomnia vulnerability.

NOTE Confidence: 0.8959294

00:31:56.810 --> 00:31:58.574 Then we've looked at

NOTE Confidence: 0.8959294

00:31:58.574 --> 00:31:59.897 these precipitants again.

NOTE Confidence: 0.8959294

00:31:59.900 --> 00:32:01.768 Life events, perceived stress,

NOTE Confidence: 0.8959294

00:32:01.768 --> 00:32:05.155 anxiety and depression and see if that  
NOTE Confidence: 0.8959294

00:32:05.155 --> 00:32:07.710 anxiety and depression comes forward.  
NOTE Confidence: 0.8959294

00:32:07.710 --> 00:32:10.798 We just want to take account of coping.  
NOTE Confidence: 0.8959294

00:32:10.800 --> 00:32:13.224 Of course, it may be that how you  
NOTE Confidence: 0.8959294

00:32:13.224 --> 00:32:15.432 cope with that initial precipitating  
NOTE Confidence: 0.8959294

00:32:15.432 --> 00:32:18.480 event that fuels whether you develop  
NOTE Confidence: 0.8959294

00:32:18.480 --> 00:32:20.828 insomnia in a chronic form or not.  
NOTE Confidence: 0.8959294

00:32:20.830 --> 00:32:23.165 So we're looking at thought  
NOTE Confidence: 0.8959294

00:32:23.165 --> 00:32:25.033 control strategies and maladaptive  
NOTE Confidence: 0.8959294

00:32:25.033 --> 00:32:27.339 and adaptive forms of coping.  
NOTE Confidence: 0.8959294

00:32:27.340 --> 00:32:27.770 Finally,  
NOTE Confidence: 0.8959294

00:32:27.770 --> 00:32:30.332 let's throw in those perpetuating factors  
NOTE Confidence: 0.8959294

00:32:30.332 --> 00:32:33.334 that really should be plainly tiny tiny.  
NOTE Confidence: 0.8959294

00:32:33.334 --> 00:32:35.896 At this point of acute insomnia,  
NOTE Confidence: 0.8959294

00:32:35.900 --> 00:32:38.468 we're going to look at fatigue,  
NOTE Confidence: 0.8959294

00:32:38.470 --> 00:32:39.326 dysfunctional beliefs,

NOTE Confidence: 0.8959294

00:32:39.326 --> 00:32:41.462 cognitive and behavioral sleep preoccupation.

NOTE Confidence: 0.8959294

00:32:41.462 --> 00:32:44.884 What we mean by that is when people

NOTE Confidence: 0.8959294

00:32:44.884 --> 00:32:47.026 adopt cognitive or behavioral actions

NOTE Confidence: 0.8959294

00:32:47.026 --> 00:32:49.592 which are detrimental to their sleep.

NOTE Confidence: 0.8959294

00:32:49.592 --> 00:32:52.164 Going to bed early, for example,

NOTE Confidence: 0.8959294

00:32:52.164 --> 00:32:54.298 lying in drinking more coffee,

NOTE Confidence: 0.8330811

00:32:54.300 --> 00:32:58.038 worrying about it during the daytime.

NOTE Confidence: 0.8330811

00:32:58.040 --> 00:33:00.814 The affect if element of sleep preoccupation

NOTE Confidence: 0.8330811

00:33:00.814 --> 00:33:03.190 is much more focused on rumination.

NOTE Confidence: 0.8330811

00:33:03.190 --> 00:33:05.560 I can't stop thinking about it.

NOTE Confidence: 0.8330811

00:33:05.560 --> 00:33:09.235 I can't get over the insomnia itself.

NOTE Confidence: 0.8330811

00:33:09.240 --> 00:33:11.266 Finally, we also want to

NOTE Confidence: 0.8330811

00:33:11.266 --> 00:33:13.296 look at pre sleep arousal.

NOTE Confidence: 0.8330811

00:33:13.300 --> 00:33:16.140 Is it the point that we've actually

NOTE Confidence: 0.8330811

00:33:16.140 --> 00:33:18.165 created a form of hyperarousal,

NOTE Confidence: 0.8330811

00:33:18.170 --> 00:33:20.780 be it somatic or cognitive in  
NOTE Confidence: 0.8330811

00:33:20.780 --> 00:33:23.380 terms of fueling this insomnia?  
NOTE Confidence: 0.8330811

00:33:23.380 --> 00:33:25.633 Alright, so looking at differences  
NOTE Confidence: 0.8330811

00:33:25.633 --> 00:33:28.342 between our normal sleepers and now  
NOTE Confidence: 0.8330811

00:33:28.342 --> 00:33:30.703 individuals with acute insomnia, yeah,  
NOTE Confidence: 0.8330811

00:33:30.703 --> 00:33:33.468 there's differences in each domain.  
NOTE Confidence: 0.8330811

00:33:33.470 --> 00:33:35.885 Now they don't tell us much about  
NOTE Confidence: 0.8330811

00:33:35.885 --> 00:33:37.890 what predict who goes chronic,  
NOTE Confidence: 0.8330811

00:33:37.890 --> 00:33:40.347 what they do do is give us  
NOTE Confidence: 0.8330811

00:33:40.347 --> 00:33:42.299 an indication of what does.  
NOTE Confidence: 0.8330811

00:33:42.300 --> 00:33:44.876 Somebody with their cute insomnia look like.  
NOTE Confidence: 0.8330811

00:33:44.880 --> 00:33:47.622 What are those risks and what  
NOTE Confidence: 0.8330811

00:33:47.622 --> 00:33:49.450 are those associated outcomes  
NOTE Confidence: 0.8330811

00:33:49.528 --> 00:33:51.620 with having acute insomnia?  
NOTE Confidence: 0.8330811

00:33:51.620 --> 00:33:54.014 Again, what we really want to do,  
NOTE Confidence: 0.8330811

00:33:54.020 --> 00:33:56.340 however, is figure out.

NOTE Confidence: 0.8330811

00:33:56.340 --> 00:34:00.858 What is predicting who goes chronic?

NOTE Confidence: 0.8330811

00:34:00.860 --> 00:34:03.368 Again, got a nice sample here.

NOTE Confidence: 0.8330811

00:34:03.370 --> 00:34:05.890 Got 129 people with acute insomnia.

NOTE Confidence: 0.8330811

00:34:05.890 --> 00:34:07.984 We've separated them out into

NOTE Confidence: 0.8330811

00:34:07.984 --> 00:34:10.062 those people who get better.

NOTE Confidence: 0.8330811

00:34:10.062 --> 00:34:10.476 Naturally,

NOTE Confidence: 0.8330811

00:34:10.476 --> 00:34:13.864 Ramit and those people who go on to

NOTE Confidence: 0.8330811

00:34:13.864 --> 00:34:16.354 develop chronic insomnia in the future,

NOTE Confidence: 0.8330811

00:34:16.360 --> 00:34:19.636 and we're going to look up all of

NOTE Confidence: 0.8330811

00:34:19.636 --> 00:34:21.631 those significant variables that we

NOTE Confidence: 0.8330811

00:34:21.631 --> 00:34:24.319 got from our cross sectional study

NOTE Confidence: 0.8566386

00:34:24.320 --> 00:34:26.420 to look at what other

NOTE Confidence: 0.850489418181818

00:34:26.420 --> 00:34:28.608 predictors. What predicts it

NOTE Confidence: 0.850489418181818

00:34:28.608 --> 00:34:32.540 becoming the enemy a long term enemy?

NOTE Confidence: 0.850489418181818

00:34:32.540 --> 00:34:33.500 And Interestingly,

NOTE Confidence: 0.850489418181818



00:34:33.500 --> 00:34:37.318 which is not quite what we might expect,  
NOTE Confidence: 0.850489418181818

00:34:37.320 --> 00:34:42.010 is that it's not about predisposing factors.  
NOTE Confidence: 0.850489418181818

00:34:42.010 --> 00:34:43.934 In terms of precipitants,  
NOTE Confidence: 0.850489418181818

00:34:43.934 --> 00:34:46.354 even the anxiety does appear  
NOTE Confidence: 0.850489418181818

00:34:46.354 --> 00:34:49.300 not to be fueling somebody going  
NOTE Confidence: 0.850489418181818

00:34:49.300 --> 00:34:51.605 acute to chronic more so.  
NOTE Confidence: 0.850489418181818

00:34:51.610 --> 00:34:53.050 Depression, depressions, measures,  
NOTE Confidence: 0.850489418181818

00:34:53.050 --> 00:34:55.930 baseline are a good predictor of  
NOTE Confidence: 0.850489418181818

00:34:55.930 --> 00:34:58.810 who's going to go chronic against  
NOTE Confidence: 0.850489418181818

00:34:58.810 --> 00:35:02.170 who is going to go from it.  
NOTE Confidence: 0.850489418181818

00:35:02.170 --> 00:35:04.570 So higher levels of depression  
NOTE Confidence: 0.850489418181818

00:35:04.570 --> 00:35:06.490 with about our coping.  
NOTE Confidence: 0.850489418181818

00:35:06.490 --> 00:35:10.030 Nothing comes through from coping.  
NOTE Confidence: 0.850489418181818

00:35:10.030 --> 00:35:11.334 But what is interesting?  
NOTE Confidence: 0.850489418181818

00:35:11.334 --> 00:35:13.959 And I think this talks a lot to  
NOTE Confidence: 0.850489418181818

00:35:13.959 --> 00:35:16.052 spillmans model is when we look at

NOTE Confidence: 0.850489418181818

00:35:16.052 --> 00:35:18.210 the factors that are significant

NOTE Confidence: 0.850489418181818

00:35:18.210 --> 00:35:20.886 predictors of who will become chronic.

NOTE Confidence: 0.850489418181818

00:35:20.890 --> 00:35:24.061 What we can see is it's focused

NOTE Confidence: 0.850489418181818

00:35:24.061 --> 00:35:25.924 largely around cognitive factors,

NOTE Confidence: 0.850489418181818

00:35:25.924 --> 00:35:28.394 behavioral actions which are used

NOTE Confidence: 0.850489418181818

00:35:28.394 --> 00:35:31.238 to address the insomnia during the

NOTE Confidence: 0.850489418181818

00:35:31.238 --> 00:35:33.596 acute phase going to bed early,

NOTE Confidence: 0.850489418181818

00:35:33.600 --> 00:35:35.403 lying in napping.

NOTE Confidence: 0.850489418181818

00:35:35.403 --> 00:35:38.158 Also, those affect, if ruminations,

NOTE Confidence: 0.850489418181818

00:35:38.158 --> 00:35:39.580 that we see.

NOTE Confidence: 0.850489418181818

00:35:39.580 --> 00:35:42.260 People can't stop thinking about

NOTE Confidence: 0.850489418181818

00:35:42.260 --> 00:35:44.940 sleep craving sleep during that

NOTE Confidence: 0.850489418181818

00:35:45.025 --> 00:35:48.014 acute phase that also appears to be

NOTE Confidence: 0.850489418181818

00:35:48.014 --> 00:35:51.139 driving us into the chronic insomnia.

NOTE Confidence: 0.850489418181818

00:35:51.140 --> 00:35:54.278 So what that gives us is the indication

NOTE Confidence: 0.850489418181818

00:35:54.278 --> 00:35:57.009 that we don't really want a stressed  
NOTE Confidence: 0.850489418181818

00:35:57.009 --> 00:35:58.854 based management system in order  
NOTE Confidence: 0.850489418181818

00:35:58.854 --> 00:36:01.359 to try to manage acute insomnia,  
NOTE Confidence: 0.850489418181818

00:36:01.360 --> 00:36:03.718 we want a cognitive behavioral framework,  
NOTE Confidence: 0.850489418181818

00:36:03.720 --> 00:36:05.932 so this is what we've let us  
NOTE Confidence: 0.850489418181818

00:36:05.932 --> 00:36:08.430 now to our treatment pathway.  
NOTE Confidence: 0.8466981

00:36:12.010 --> 00:36:14.469 Can we circumvent the transition and  
NOTE Confidence: 0.8466981

00:36:14.469 --> 00:36:17.220 we stop people going from acute to  
NOTE Confidence: 0.8466981

00:36:17.297 --> 00:36:19.919 chronic insomnia and we're going to  
NOTE Confidence: 0.8466981

00:36:19.919 --> 00:36:22.640 use something called A1 single shot.  
NOTE Confidence: 0.8466981

00:36:22.640 --> 00:36:25.608 That's a single shot of CBT I.  
NOTE Confidence: 0.8210517

00:36:27.880 --> 00:36:30.210 So let's go back to those brief  
NOTE Confidence: 0.8210517

00:36:30.210 --> 00:36:32.190 interventions because we need to now  
NOTE Confidence: 0.8210517

00:36:32.190 --> 00:36:34.260 frame how much of our intervention,  
NOTE Confidence: 0.8210517

00:36:34.260 --> 00:36:36.660 how much of that weight do we need  
NOTE Confidence: 0.8210517

00:36:36.660 --> 00:36:39.330 to put in there in order to do what

NOTE Confidence: 0.8210517

00:36:39.330 --> 00:36:42.021 we need to do to circumvent the

NOTE Confidence: 0.8210517

00:36:42.021 --> 00:36:43.675 transition to chronic insomnia?

NOTE Confidence: 0.8210517

00:36:43.675 --> 00:36:46.020 So going back to those brief interventions,

NOTE Confidence: 0.8210517

00:36:46.020 --> 00:36:48.378 what we can see is generally they're

NOTE Confidence: 0.8210517

00:36:48.380 --> 00:36:50.725 working on about an hour contact time.

NOTE Confidence: 0.8210517

00:36:50.730 --> 00:36:53.026 Look at the work of Jack Edinger

NOTE Confidence: 0.8210517

00:36:53.026 --> 00:36:55.428 and Anne Germain works out at about

NOTE Confidence: 0.8210517

00:36:55.430 --> 00:36:58.778 an hour on average contact time.

NOTE Confidence: 0.8210517

00:36:58.780 --> 00:37:01.884 And then if we look at the dose

NOTE Confidence: 0.8210517

00:37:01.884 --> 00:37:03.819 response trial by Jack Edinger,

NOTE Confidence: 0.8210517

00:37:03.820 --> 00:37:05.635 four sessions helped the greatest

NOTE Confidence: 0.8210517

00:37:05.635 --> 00:37:08.349 impact in terms of number of clinical

NOTE Confidence: 0.8210517

00:37:08.349 --> 00:37:10.419 remissions followed by one session,

NOTE Confidence: 0.8210517

00:37:10.420 --> 00:37:12.748 8 sessions, and then two sessions.

NOTE Confidence: 0.8210517

00:37:12.750 --> 00:37:15.078 Now I don't know about you,

NOTE Confidence: 0.8210517

00:37:15.080 --> 00:37:17.789 and if you were maybe do CBT.  
NOTE Confidence: 0.8210517

00:37:17.790 --> 00:37:21.288 I offering somebody four sessions of 15  
NOTE Confidence: 0.8210517

00:37:21.288 --> 00:37:24.340 minutes. Will probably have you killed.  
NOTE Confidence: 0.8210517

00:37:24.340 --> 00:37:27.985 So OK, let's then go back and say next.  
NOTE Confidence: 0.8210517

00:37:27.990 --> 00:37:30.020 One down is one session,  
NOTE Confidence: 0.8210517

00:37:30.020 --> 00:37:32.239 so one session of one hour in  
NOTE Confidence: 0.8210517

00:37:32.239 --> 00:37:34.893 order to get some clinical gain  
NOTE Confidence: 0.8210517

00:37:34.893 --> 00:37:36.516 within chronic insomnia,  
NOTE Confidence: 0.8210517

00:37:36.520 --> 00:37:39.552 which should be enough in order to  
NOTE Confidence: 0.8210517

00:37:39.552 --> 00:37:42.057 affect change in acute insomnia.  
NOTE Confidence: 0.8210517

00:37:42.060 --> 00:37:44.344 Just as a sideline,  
NOTE Confidence: 0.8210517

00:37:44.344 --> 00:37:47.770 Jack Edinger also tried a pamphlet.  
NOTE Confidence: 0.8210517

00:37:47.770 --> 00:37:50.458 And because of that I wanted a pamphlet.  
NOTE Confidence: 0.8210517

00:37:50.460 --> 00:37:52.848 No other reason I want to  
NOTE Confidence: 0.8210517

00:37:52.848 --> 00:37:54.860 conflict with Jack had one.  
NOTE Confidence: 0.8210517

00:37:54.860 --> 00:37:58.070 So now I've got to create a pamphlet, yay.

NOTE Confidence: 0.8210517

00:37:58.070 --> 00:38:01.290 Alright, so here's the pamphlet.

NOTE Confidence: 0.8210517

00:38:01.290 --> 00:38:03.510 First simple pamphlet and it's taking

NOTE Confidence: 0.8210517

00:38:03.510 --> 00:38:06.470 quite a few of the elements of CBT,

NOTE Confidence: 0.8210517

00:38:06.470 --> 00:38:09.430 but doing him in a much lighter touch.

NOTE Confidence: 0.8210517

00:38:09.430 --> 00:38:10.170 It's framed.

NOTE Confidence: 0.8210517

00:38:10.170 --> 00:38:12.390 There's something called the 3D's detect.

NOTE Confidence: 0.8210517

00:38:12.390 --> 00:38:14.980 So that's how to record a sleep

NOTE Confidence: 0.8210517

00:38:14.980 --> 00:38:17.200 diary and when to seek help.

NOTE Confidence: 0.8456078

00:38:18.400 --> 00:38:20.630 Detach that gives us our

NOTE Confidence: 0.8456078

00:38:20.630 --> 00:38:21.968 stimulus control instructions.

NOTE Confidence: 0.8456078

00:38:21.970 --> 00:38:24.195 If you're awake in bed,

NOTE Confidence: 0.8456078

00:38:24.195 --> 00:38:27.768 get out of the bed, do something else,

NOTE Confidence: 0.8456078

00:38:27.770 --> 00:38:31.568 go back to bed when you are tired and

NOTE Confidence: 0.8456078

00:38:31.568 --> 00:38:34.008 sleepy again, and finally distract.

NOTE Confidence: 0.8456078

00:38:34.008 --> 00:38:36.238 This is our cognitive techniques.

NOTE Confidence: 0.8456078

00:38:36.240 --> 00:38:38.024 We've got cognitive control,  
NOTE Confidence: 0.8456078

00:38:38.024 --> 00:38:38.916 constructive worry,  
NOTE Confidence: 0.8456078

00:38:38.920 --> 00:38:41.601 putting the day to bed before you  
NOTE Confidence: 0.8456078

00:38:41.601 --> 00:38:45.158 go to bed and giving people imagery,  
NOTE Confidence: 0.8456078

00:38:45.160 --> 00:38:46.242 distraction techniques.  
NOTE Confidence: 0.8456078

00:38:46.242 --> 00:38:48.406 As per Alison Harvey.  
NOTE Confidence: 0.8456078

00:38:48.410 --> 00:38:50.433 OK, so we've now got our pamphlet  
NOTE Confidence: 0.8456078

00:38:50.433 --> 00:38:53.364 and it is beautiful, isn't it?  
NOTE Confidence: 0.8456078

00:38:53.364 --> 00:38:54.688 It's blue.  
NOTE Confidence: 0.8456078

00:38:54.690 --> 00:38:57.534 First thing we want to do is check out  
NOTE Confidence: 0.8456078

00:38:57.534 --> 00:39:00.567 the feasibility on the pamphlet itself.  
NOTE Confidence: 0.8456078

00:39:00.570 --> 00:39:02.420 Does the pamphlet do anything  
NOTE Confidence: 0.8456078

00:39:02.420 --> 00:39:04.270 because it's got some active  
NOTE Confidence: 0.8456078

00:39:04.336 --> 00:39:06.060 treatment modalities in it?  
NOTE Confidence: 0.8456078

00:39:06.060 --> 00:39:07.696 Is it doing anything?  
NOTE Confidence: 0.8456078

00:39:07.696 --> 00:39:10.150 So we've done a feasibility study

NOTE Confidence: 0.8456078

00:39:10.228 --> 00:39:12.772 with a sample of individuals with

NOTE Confidence: 0.8456078

00:39:12.772 --> 00:39:15.526 acute insomnia and what we can see

NOTE Confidence: 0.8456078

00:39:15.526 --> 00:39:17.815 is even a week after somebody has

NOTE Confidence: 0.8456078

00:39:17.820 --> 00:39:20.166 been given just the pamphlet alone.

NOTE Confidence: 0.8456078

00:39:20.170 --> 00:39:22.432 We see significant reductions in terms

NOTE Confidence: 0.8456078

00:39:22.432 --> 00:39:24.480 of cognitive and somatic arousal.

NOTE Confidence: 0.8456078

00:39:24.480 --> 00:39:25.780 Fantastic, we're getting there.

NOTE Confidence: 0.8456078

00:39:25.780 --> 00:39:27.080 What about the hour?

NOTE Confidence: 0.8456078

00:39:27.080 --> 00:39:29.103 What are you going to do with

NOTE Confidence: 0.8456078

00:39:29.103 --> 00:39:30.980 somebody in your single session?

NOTE Confidence: 0.8456078

00:39:30.980 --> 00:39:33.158 In essence, we talk about sleep,

NOTE Confidence: 0.8456078

00:39:33.160 --> 00:39:34.620 education and sleep hygiene,

NOTE Confidence: 0.8456078

00:39:34.620 --> 00:39:36.553 but again, very light touch.

NOTE Confidence: 0.8456078

00:39:36.553 --> 00:39:38.558 Most patients with insomnia I've

NOTE Confidence: 0.8456078

00:39:38.558 --> 00:39:40.721 already got pretty good sleep hygiene

NOTE Confidence: 0.8456078



00:39:40.721 --> 00:39:42.990 by the time they come to you.  
NOTE Confidence: 0.8456078

00:39:42.990 --> 00:39:45.180 It's really focused on sleep restriction,  
NOTE Confidence: 0.8456078

00:39:45.180 --> 00:39:47.358 and so we're doing a basic  
NOTE Confidence: 0.8456078

00:39:47.358 --> 00:39:48.447 sleep restriction protocol,  
NOTE Confidence: 0.8456078

00:39:48.450 --> 00:39:50.526 previous weeks total sleep time becomes  
NOTE Confidence: 0.8456078

00:39:50.526 --> 00:39:53.179 time in bed for the following week.  
NOTE Confidence: 0.8456078

00:39:53.180 --> 00:39:55.812 Anchor your time in bed to the  
NOTE Confidence: 0.8456078

00:39:55.812 --> 00:39:58.122 morning and titrate at 15 minutes  
NOTE Confidence: 0.8456078

00:39:58.122 --> 00:40:00.330 after week one and then every.  
NOTE Confidence: 0.8456078

00:40:00.330 --> 00:40:01.648 Subsequent week,  
NOTE Confidence: 0.8456078

00:40:01.648 --> 00:40:04.943 so very standardized CBT based  
NOTE Confidence: 0.8456078

00:40:04.943 --> 00:40:06.920 sleep restriction protocol.  
NOTE Confidence: 0.8456078

00:40:06.920 --> 00:40:09.308 Introduce the pamphlet and then discuss  
NOTE Confidence: 0.8456078

00:40:09.308 --> 00:40:10.900 any barriers to implementation.  
NOTE Confidence: 0.8456078

00:40:10.900 --> 00:40:13.288 So now we've got our intervention.  
NOTE Confidence: 0.8456078

00:40:13.290 --> 00:40:16.069 We've done all of the background work.

NOTE Confidence: 0.8456078

00:40:16.070 --> 00:40:20.398 Let's take the intervention out for a spin.

NOTE Confidence: 0.8456078

00:40:20.400 --> 00:40:23.130 So we've got a randomized control trial.

NOTE Confidence: 0.8456078

00:40:23.130 --> 00:40:27.318 Again, small sample, but adequately powered.

NOTE Confidence: 0.8456078

00:40:27.320 --> 00:40:29.004 20 randomized to weightless

NOTE Confidence: 0.8456078

00:40:29.004 --> 00:40:31.530 control and 20 randomized to the

NOTE Confidence: 0.8456078

00:40:31.609 --> 00:40:33.754 intervention and the delivery of

NOTE Confidence: 0.8456078

00:40:33.754 --> 00:40:36.180 the intervention was done by me.

NOTE Confidence: 0.8456078

00:40:36.180 --> 00:40:38.290 And that's important later on.

NOTE Confidence: 0.86284804

00:40:41.120 --> 00:40:44.392 Single session 60 to 70 minutes and the

NOTE Confidence: 0.86284804

00:40:44.392 --> 00:40:46.797 pamphlet given one month follow up.

NOTE Confidence: 0.86284804

00:40:46.800 --> 00:40:48.812 What is the outcome?

NOTE Confidence: 0.86284804

00:40:48.812 --> 00:40:50.930 In essence, actually pretty good.

NOTE Confidence: 0.86284804

00:40:50.930 --> 00:40:53.890 We've got a 60% remission rate at one

NOTE Confidence: 0.86284804

00:40:53.890 --> 00:40:56.110 month compared to our weakness control,

NOTE Confidence: 0.86284804

00:40:56.110 --> 00:40:59.848 which is only 15%, which is significant.

NOTE Confidence: 0.86284804

00:40:59.850 --> 00:41:01.740 What's interesting about the first  
NOTE Confidence: 0.86284804

00:41:01.740 --> 00:41:04.060 trial was that by three months  
NOTE Confidence: 0.86284804

00:41:04.060 --> 00:41:06.238 we saw an increase in remission.  
NOTE Confidence: 0.86284804

00:41:06.240 --> 00:41:08.496 In those people that were treated,  
NOTE Confidence: 0.86284804

00:41:08.500 --> 00:41:11.475 it went up to 70, three point, 7%.  
NOTE Confidence: 0.86284804

00:41:11.475 --> 00:41:13.665 That's not unusual to see within  
NOTE Confidence: 0.86284804

00:41:13.665 --> 00:41:16.015 a CBT format, either that it's  
NOTE Confidence: 0.86284804

00:41:16.015 --> 00:41:18.265 the gift that keeps on giving.  
NOTE Confidence: 0.86284804

00:41:18.270 --> 00:41:21.278 We tend to see increases in total sleep  
NOTE Confidence: 0.86284804

00:41:21.278 --> 00:41:23.910 time after the patient has left us,  
NOTE Confidence: 0.86284804

00:41:23.910 --> 00:41:26.166 so this is a good start.  
NOTE Confidence: 0.86284804

00:41:26.170 --> 00:41:29.243 We've got a good start in terms  
NOTE Confidence: 0.86284804

00:41:29.243 --> 00:41:31.150 of randomized control trial.  
NOTE Confidence: 0.86284804

00:41:31.150 --> 00:41:33.418 I don't know about everyone else,  
NOTE Confidence: 0.86284804

00:41:33.420 --> 00:41:36.073 but I am constantly being asked to  
NOTE Confidence: 0.86284804

00:41:36.073 --> 00:41:38.166 do things quicker, cheaper, faster.

NOTE Confidence: 0.86284804

00:41:38.166 --> 00:41:40.429 So the next step, D.

NOTE Confidence: 0.86284804

00:41:40.429 --> 00:41:43.570 Oh no, it's not does it impacts on sleep?

NOTE Confidence: 0.86284804

00:41:43.570 --> 00:41:46.006 I suppose that's quite an important question,

NOTE Confidence: 0.86284804

00:41:46.010 --> 00:41:48.446 isn't it? Does it impact on sleep?

NOTE Confidence: 0.86284804

00:41:48.450 --> 00:41:48.798 Absolutely,

NOTE Confidence: 0.86284804

00:41:48.798 --> 00:41:51.234 we can see some nice effect sizes,

NOTE Confidence: 0.86284804

00:41:51.240 --> 00:41:52.905 moderately nice effect sizes in

NOTE Confidence: 0.86284804

00:41:52.905 --> 00:41:55.080 terms of reductions in sleep latency,

NOTE Confidence: 0.86284804

00:41:55.080 --> 00:41:57.530 wake after sleep onset, and sleep efficiency.

NOTE Confidence: 0.86284804

00:41:57.530 --> 00:41:59.270 So, as I was saying,

NOTE Confidence: 0.86284804

00:41:59.270 --> 00:42:01.706 which I gave you all the opportunities,

NOTE Confidence: 0.86284804

00:42:01.710 --> 00:42:04.510 think about what you're going to say next.

NOTE Confidence: 0.86284804

00:42:04.510 --> 00:42:06.598 What's faster and quicker and easier?

NOTE Confidence: 0.86284804

00:42:06.600 --> 00:42:09.210 Can you do it in groups?

NOTE Confidence: 0.86284804

00:42:09.210 --> 00:42:13.740 Yep, I was asked if I could do it in groups.

NOTE Confidence: 0.86284804

00:42:13.740 --> 00:42:17.737 So here we've got our group data.  
NOTE Confidence: 0.86284804

00:42:17.740 --> 00:42:20.796 Again, we're looking at our outcome point is,  
NOTE Confidence: 0.86284804

00:42:20.800 --> 00:42:22.930 those people who have gone into  
NOTE Confidence: 0.86284804

00:42:22.930 --> 00:42:24.810 full remission so they completely  
NOTE Confidence: 0.86284804

00:42:24.810 --> 00:42:27.568 do not have insomnia as per the  
NOTE Confidence: 0.86284804

00:42:27.568 --> 00:42:28.820 insomnia severity index.  
NOTE Confidence: 0.86284804

00:42:28.820 --> 00:42:30.156 One month after treatment,  
NOTE Confidence: 0.86284804

00:42:30.156 --> 00:42:33.105 what we can see is there's not much  
NOTE Confidence: 0.86284804

00:42:33.105 --> 00:42:35.310 difference between group and individual.  
NOTE Confidence: 0.86284804

00:42:35.310 --> 00:42:37.602 69% of those people that were  
NOTE Confidence: 0.86284804

00:42:37.602 --> 00:42:39.130 treated in Group format,  
NOTE Confidence: 0.86284804

00:42:39.130 --> 00:42:41.530 they were in remission compared to  
NOTE Confidence: 0.86284804

00:42:41.530 --> 00:42:43.719 the individual group which was 75%.  
NOTE Confidence: 0.86284804

00:42:43.720 --> 00:42:46.394 But we did see a slight difference  
NOTE Confidence: 0.86284804

00:42:46.394 --> 00:42:49.340 in terms of attrition.  
NOTE Confidence: 0.86284804

00:42:49.340 --> 00:42:51.412 People were more likely to drop out

NOTE Confidence: 0.86284804

00:42:51.412 --> 00:42:53.640 of group than they were individual,

NOTE Confidence: 0.86284804

00:42:53.640 --> 00:42:55.752 but it wasn't significant.

NOTE Confidence: 0.86284804

00:42:55.752 --> 00:42:58.758 OK, so we now know that it works.

NOTE Confidence: 0.86284804

00:42:58.760 --> 00:43:00.890 We can deliver it in groups.

NOTE Confidence: 0.86284804

00:43:00.890 --> 00:43:03.158 Now what you want to do is take it

NOTE Confidence: 0.86284804

00:43:03.158 --> 00:43:05.656 into a population that's incredibly

NOTE Confidence: 0.86284804

00:43:05.656 --> 00:43:08.318 vulnerable. That's the real test, isn't it?

NOTE Confidence: 0.86284804

00:43:08.320 --> 00:43:11.048 Find out if you've got a group that's

NOTE Confidence: 0.86284804

00:43:11.048 --> 00:43:12.920 really vulnerable to acute insomnia.

NOTE Confidence: 0.86284804

00:43:12.920 --> 00:43:15.962 Give it to them and see if they end

NOTE Confidence: 0.86284804

00:43:15.962 --> 00:43:18.888 up developing chronic insomnia.

NOTE Confidence: 0.86284804

00:43:18.890 --> 00:43:21.446 And here we've chosen male prisoners.

NOTE Confidence: 0.86284804

00:43:21.450 --> 00:43:25.618 For some reason. When you go to prison.

NOTE Confidence: 0.86284804

00:43:25.620 --> 00:43:28.080 You're very likely to develop insomnia,

NOTE Confidence: 0.86284804

00:43:28.080 --> 00:43:30.950 and so it starts in the prison.

NOTE Confidence: 0.86284804

00:43:30.950 --> 00:43:32.180 Think about changes,  
NOTE Confidence: 0.86284804

00:43:32.180 --> 00:43:33.820 environment changes in routine.  
NOTE Confidence: 0.86284804

00:43:33.820 --> 00:43:36.956 There's a lot of stress, alot of concern,  
NOTE Confidence: 0.86284804

00:43:36.956 --> 00:43:39.490 sharing those sorts of things lead into  
NOTE Confidence: 0.86284804

00:43:39.560 --> 00:43:42.020 this vulnerability for acute insomnia,  
NOTE Confidence: 0.86284804

00:43:42.020 --> 00:43:45.300 so we've got 30 male category C prisoners,  
NOTE Confidence: 0.86284804

00:43:45.300 --> 00:43:50.340 so these are the ones that we don't let out.  
NOTE Confidence: 0.86284804

00:43:50.340 --> 00:43:52.842 They're not allowed out there, not organic.  
NOTE Confidence: 0.86284804

00:43:52.842 --> 00:43:54.966 They're not free range.  
NOTE Confidence: 0.86284804

00:43:54.970 --> 00:43:55.684 In essence,  
NOTE Confidence: 0.86284804

00:43:55.684 --> 00:43:57.826 done exactly the same as we've  
NOTE Confidence: 0.86284804

00:43:57.826 --> 00:44:00.040 done in the previous trials,  
NOTE Confidence: 0.86767644

00:44:00.040 --> 00:44:02.770 but this is an open label trial.  
NOTE Confidence: 0.86767644

00:44:02.770 --> 00:44:05.171 What are we looking at in terms  
NOTE Confidence: 0.86767644

00:44:05.171 --> 00:44:07.840 of one month post treatment, 70,  
NOTE Confidence: 0.86767644

00:44:07.840 --> 00:44:09.790 three point, 3% remission rate?

NOTE Confidence: 0.86767644

00:44:09.790 --> 00:44:11.740 So here's an interesting thing.

NOTE Confidence: 0.86767644

00:44:11.740 --> 00:44:14.860 So in our first study we had a

NOTE Confidence: 0.86767644

00:44:14.860 --> 00:44:16.810 60% remission rate one month,

NOTE Confidence: 0.86767644

00:44:16.810 --> 00:44:19.150 and in the second and third,

NOTE Confidence: 0.86767644

00:44:19.150 --> 00:44:21.880 it's averaging out around 73 to 75%.

NOTE Confidence: 0.86767644

00:44:21.880 --> 00:44:24.144 Why is this happening?

NOTE Confidence: 0.86767644

00:44:24.144 --> 00:44:27.097 Remember, I said I took the first one?

NOTE Confidence: 0.86767644

00:44:27.100 --> 00:44:29.086 Clearly I'm crap because what happened

NOTE Confidence: 0.86767644

00:44:29.086 --> 00:44:31.705 in the second study and the third study

NOTE Confidence: 0.86767644

00:44:31.705 --> 00:44:34.006 is that actually trained people to do

NOTE Confidence: 0.86767644

00:44:34.006 --> 00:44:35.956 the intervention they've delivered it,

NOTE Confidence: 0.86767644

00:44:35.960 --> 00:44:38.347 and they've got better outcomes than me,

NOTE Confidence: 0.86767644

00:44:38.350 --> 00:44:40.648 so I should be terribly ashamed

NOTE Confidence: 0.86767644

00:44:40.648 --> 00:44:43.650 and will not be doing that again.

NOTE Confidence: 0.86767644

00:44:43.650 --> 00:44:46.176 Alright, so we've looked at it

NOTE Confidence: 0.86767644



00:44:46.176 --> 00:44:48.230 in a vulnerable population now.  
NOTE Confidence: 0.86767644

00:44:48.230 --> 00:44:50.720 Wonderful, what about impact on mood.  
NOTE Confidence: 0.86767644

00:44:50.720 --> 00:44:52.224 We know that CBT.  
NOTE Confidence: 0.86767644

00:44:52.224 --> 00:44:56.114 I really does have a knock on effect in  
NOTE Confidence: 0.86767644

00:44:56.114 --> 00:44:59.192 terms of anxiety and depression symptoms.  
NOTE Confidence: 0.86767644

00:44:59.200 --> 00:45:03.016 So when we look at pre treatment versus  
NOTE Confidence: 0.86767644

00:45:03.016 --> 00:45:05.558 post treatment in terms of mood,  
NOTE Confidence: 0.86767644

00:45:05.560 --> 00:45:06.466 anxiety, depression,  
NOTE Confidence: 0.86767644

00:45:06.466 --> 00:45:09.637 we're seeing some really good effect sizes.  
NOTE Confidence: 0.86767644

00:45:09.640 --> 00:45:12.364 Here we're seeing reductions of one  
NOTE Confidence: 0.86767644

00:45:12.364 --> 00:45:15.542 month of over 50% in both anxiety  
NOTE Confidence: 0.86767644

00:45:15.542 --> 00:45:18.266 symptoms and in terms of depressants,  
NOTE Confidence: 0.86767644

00:45:18.270 --> 00:45:18.702 symptomology.  
NOTE Confidence: 0.86767644

00:45:18.702 --> 00:45:21.726 So it's doing what we would expect  
NOTE Confidence: 0.86767644

00:45:21.726 --> 00:45:24.169 from a standardized CBT I,  
NOTE Confidence: 0.86767644

00:45:24.170 --> 00:45:27.103 but it's also just doing it in

NOTE Confidence: 0.86767644  
00:45:27.103 --> 00:45:29.260 that early acute insomnia.  
NOTE Confidence: 0.86767644  
00:45:29.260 --> 00:45:30.060 Days alright,  
NOTE Confidence: 0.86767644  
00:45:30.060 --> 00:45:32.460 so we're coming to the end  
NOTE Confidence: 0.86767644  
00:45:32.460 --> 00:45:35.018 of what was an extravaganza.  
NOTE Confidence: 0.86767644  
00:45:35.020 --> 00:45:36.608 What can we conclude?  
NOTE Confidence: 0.86767644  
00:45:36.608 --> 00:45:40.014 Single shot of CBT I led to a  
NOTE Confidence: 0.86767644  
00:45:40.014 --> 00:45:42.344 fourfold increase in remission rate  
NOTE Confidence: 0.86767644  
00:45:42.344 --> 00:45:45.647 that is based upon the first study.  
NOTE Confidence: 0.86767644  
00:45:45.650 --> 00:45:48.180 We also saw those improvements  
NOTE Confidence: 0.86767644  
00:45:48.180 --> 00:45:50.204 in subjectively reported sleep.  
NOTE Confidence: 0.86767644  
00:45:50.210 --> 00:45:53.666 Reductions in arousal anxiety  
NOTE Confidence: 0.86767644  
00:45:53.666 --> 00:45:56.258 and depressive symptomology.  
NOTE Confidence: 0.86767644  
00:45:56.260 --> 00:45:57.844 And people liked it.  
NOTE Confidence: 0.86767644  
00:45:57.844 --> 00:45:59.824 People actually liked the fact  
NOTE Confidence: 0.86767644  
00:45:59.824 --> 00:46:02.328 that it was a single session and  
NOTE Confidence: 0.86767644

00:46:02.328 --> 00:46:04.175 that they were given something  
NOTE Confidence: 0.86767644

00:46:04.175 --> 00:46:06.235 tangible to go away with,  
NOTE Confidence: 0.86767644

00:46:06.240 --> 00:46:08.928 and that really made it well tolerable.  
NOTE Confidence: 0.86767644

00:46:08.930 --> 00:46:11.618 Certainly in terms of the dropout rates,  
NOTE Confidence: 0.86767644

00:46:11.620 --> 00:46:13.834 we weren't seeing anything near in  
NOTE Confidence: 0.86767644

00:46:13.834 --> 00:46:16.687 any of the trials that relates to what  
NOTE Confidence: 0.86767644

00:46:16.687 --> 00:46:20.069 we might see in a chronic insomnia parameter,  
NOTE Confidence: 0.86767644

00:46:20.070 --> 00:46:21.219 so that's brilliant.  
NOTE Confidence: 0.86767644

00:46:21.219 --> 00:46:23.517 So it's well tolerated as well.  
NOTE Confidence: 0.86767644

00:46:23.520 --> 00:46:25.440 Where is it going now?  
NOTE Confidence: 0.86767644

00:46:25.440 --> 00:46:27.470 Well, we're actually deploying it.  
NOTE Confidence: 0.86767644

00:46:27.470 --> 00:46:29.606 Due to kovit at the moment,  
NOTE Confidence: 0.86767644

00:46:29.610 --> 00:46:30.774 as you can imagine,  
NOTE Confidence: 0.86767644

00:46:30.774 --> 00:46:33.469 there's a lot of issues which are increasing  
NOTE Confidence: 0.86767644

00:46:33.469 --> 00:46:35.679 the vulnerability for acute insomnia.  
NOTE Confidence: 0.86767644

00:46:35.680 --> 00:46:37.470 So we're running a trial.

NOTE Confidence: 0.86767644  
00:46:37.470 --> 00:46:39.474 At the moment we've got 200  
NOTE Confidence: 0.86767644  
00:46:39.474 --> 00:46:41.750 people in it at the moment,  
NOTE Confidence: 0.86767644  
00:46:41.750 --> 00:46:43.850 which is giving them an online  
NOTE Confidence: 0.86767644  
00:46:43.850 --> 00:46:45.680 version of the one shot.  
NOTE Confidence: 0.86767644  
00:46:45.680 --> 00:46:47.404 What about primary care?  
NOTE Confidence: 0.86767644  
00:46:47.404 --> 00:46:49.559 It's another area of vulnerability  
NOTE Confidence: 0.86767644  
00:46:49.559 --> 00:46:51.847 where we'll see a lot of people  
NOTE Confidence: 0.86767644  
00:46:51.847 --> 00:46:54.083 who will attend the PCP or the  
NOTE Confidence: 0.86767644  
00:46:54.083 --> 00:46:56.027 GP and talk about acute insomnia.  
NOTE Confidence: 0.86767644  
00:46:56.030 --> 00:46:57.690 So we're deploying it.  
NOTE Confidence: 0.86767644  
00:46:57.690 --> 00:46:59.350 Out in primary care,  
NOTE Confidence: 0.86767644  
00:46:59.350 --> 00:47:00.541 but also Interestingly,  
NOTE Confidence: 0.86767644  
00:47:00.541 --> 00:47:03.320 we're going to be using it within  
NOTE Confidence: 0.86767644  
00:47:03.395 --> 00:47:05.312 other vulnerable populations  
NOTE Confidence: 0.86767644  
00:47:05.312 --> 00:47:07.229 during addiction recovery.  
NOTE Confidence: 0.86767644

00:47:07.230 --> 00:47:09.582 One of the things that we know  
NOTE Confidence: 0.86767644

00:47:09.582 --> 00:47:11.340 is that during recovery,  
NOTE Confidence: 0.86767644

00:47:11.340 --> 00:47:13.210 although sleep may not become  
NOTE Confidence: 0.86767644

00:47:13.210 --> 00:47:14.706 a problem during recovery,  
NOTE Confidence: 0.86767644

00:47:14.710 --> 00:47:16.990 it is have been identified by  
NOTE Confidence: 0.86767644

00:47:16.990 --> 00:47:18.981 patients that have undergone addiction  
NOTE Confidence: 0.86767644

00:47:18.981 --> 00:47:21.381 recovery as a vulnerability and a  
NOTE Confidence: 0.86767644

00:47:21.381 --> 00:47:23.961 concern that they feel that if their  
NOTE Confidence: 0.86767644

00:47:23.961 --> 00:47:25.929 sleep goes wonky that they will  
NOTE Confidence: 0.8684607

00:47:25.930 --> 00:47:29.296 end up going back to their drugs or alcohol.  
NOTE Confidence: 0.8684607

00:47:29.300 --> 00:47:31.652 So we're trying to see whether it  
NOTE Confidence: 0.8684607

00:47:31.652 --> 00:47:33.560 circumvents not only the issues  
NOTE Confidence: 0.8684607

00:47:33.560 --> 00:47:35.650 around sleep and that vulnerability,  
NOTE Confidence: 0.8684607

00:47:35.650 --> 00:47:38.770 but maybe it has a knock on effect.  
NOTE Confidence: 0.8684607

00:47:38.770 --> 00:47:40.947 In terms of relapse an we're now  
NOTE Confidence: 0.8684607

00:47:40.947 --> 00:47:43.794 running it out and I think 5 places

NOTE Confidence: 0.8684607

00:47:43.794 --> 00:47:45.266 these are independent trials.

NOTE Confidence: 0.8684607

00:47:45.270 --> 00:47:47.660 I'm not running any of these, thankfully.

NOTE Confidence: 0.87258804

00:47:50.260 --> 00:47:52.528 We're actually running it in oncology

NOTE Confidence: 0.87258804

00:47:52.528 --> 00:47:55.543 and so this is now being deployed in

NOTE Confidence: 0.87258804

00:47:55.543 --> 00:47:58.270 the US and Australia and in the UK.

NOTE Confidence: 0.87258804

00:47:58.270 --> 00:48:00.022 And when somebody gets a diagnosis

NOTE Confidence: 0.87258804

00:48:00.022 --> 00:48:02.411 of any form of cancer and they're

NOTE Confidence: 0.87258804

00:48:02.411 --> 00:48:04.346 just about to start treatment

NOTE Confidence: 0.87258804

00:48:04.346 --> 00:48:06.819 protocols 'cause we know that that's

NOTE Confidence: 0.87258804

00:48:06.819 --> 00:48:08.455 an increasing vulnerability period.

NOTE Confidence: 0.87258804

00:48:08.460 --> 00:48:10.644 People have been given the intervention

NOTE Confidence: 0.87258804

00:48:10.644 --> 00:48:12.829 as a prophylactic, and what we're

NOTE Confidence: 0.87258804

00:48:12.829 --> 00:48:15.007 looking at in those respects is,

NOTE Confidence: 0.87258804

00:48:15.010 --> 00:48:17.316 is it impacting on sleep, insomnia,

NOTE Confidence: 0.87258804

00:48:17.316 --> 00:48:19.746 the development of insomnia itself?

NOTE Confidence: 0.87258804

00:48:19.750 --> 00:48:22.718 But is it also having an impact on  
NOTE Confidence: 0.87258804

00:48:22.718 --> 00:48:25.049 recovery and treatment pathways?  
NOTE Confidence: 0.87258804

00:48:25.050 --> 00:48:27.260 So some very exciting things  
NOTE Confidence: 0.87258804

00:48:27.260 --> 00:48:29.028 happening in the future.  
NOTE Confidence: 0.8521559

00:48:31.210 --> 00:48:32.700 As with all my talks,  
NOTE Confidence: 0.8521559

00:48:32.700 --> 00:48:35.373 you know I don't do half of this stuff.  
NOTE Confidence: 0.8521559

00:48:35.380 --> 00:48:37.095 You know I have collaborators  
NOTE Confidence: 0.8521559

00:48:37.095 --> 00:48:39.111 from all around the world who  
NOTE Confidence: 0.8521559

00:48:39.111 --> 00:48:40.749 do all of the work for me.  
NOTE Confidence: 0.8521559

00:48:40.750 --> 00:48:42.544 I've got my lab team and  
NOTE Confidence: 0.8521559

00:48:42.544 --> 00:48:44.020 that's a picture of us.  
NOTE Confidence: 0.8521559

00:48:44.020 --> 00:48:45.510 When we were allowed out,  
NOTE Confidence: 0.8521559

00:48:45.510 --> 00:48:47.554 I think we all might look a  
NOTE Confidence: 0.8521559

00:48:47.554 --> 00:48:49.391 little bit different by the time  
NOTE Confidence: 0.8521559

00:48:49.391 --> 00:48:51.179 we're all allowed back in again.  
NOTE Confidence: 0.8521559

00:48:51.180 --> 00:48:53.100 But of course, there's also people

NOTE Confidence: 0.8521559

00:48:53.100 --> 00:48:55.048 that fund the work that I do,

NOTE Confidence: 0.8521559

00:48:55.050 --> 00:48:56.838 that I'm always eternally grateful for.

NOTE Confidence: 0.8521559

00:48:56.840 --> 00:48:58.032 OK, thanks very much.

NOTE Confidence: 0.8521559

00:48:58.032 --> 00:48:58.628 That's me.

NOTE Confidence: 0.79667884

00:49:01.300 --> 00:49:02.524 Great, that's really wonderful.

NOTE Confidence: 0.79667884

00:49:02.524 --> 00:49:05.414 So I'm under is in truck and I'm helping

NOTE Confidence: 0.79667884

00:49:05.414 --> 00:49:07.412 out Brianne and monitoring the session.

NOTE Confidence: 0.79667884

00:49:07.420 --> 00:49:10.948 She unfortunately had to run out.

NOTE Confidence: 0.79667884

00:49:10.950 --> 00:49:13.494 Quickly it at the beginning of the session,

NOTE Confidence: 0.79667884

00:49:13.500 --> 00:49:16.044 but so thank you for this wonderful talk.

NOTE Confidence: 0.79667884

00:49:16.050 --> 00:49:18.126 Doctor Ellis is really insightful and

NOTE Confidence: 0.79667884

00:49:18.126 --> 00:49:20.122 evolution of sleep disorder from its

NOTE Confidence: 0.79667884

00:49:20.122 --> 00:49:21.796 Genesis all the way to treatment.

NOTE Confidence: 0.79667884

00:49:21.800 --> 00:49:24.026 It was really nice to see that,

NOTE Confidence: 0.79667884

00:49:24.030 --> 00:49:26.193 and it's a problem that we encountered

NOTE Confidence: 0.79667884



00:49:26.193 --> 00:49:28.473 commonly and I'm sure many of the

NOTE Confidence: 0.79667884

00:49:28.473 --> 00:49:29.765 audience I've encountered it,

NOTE Confidence: 0.79667884

00:49:29.770 --> 00:49:31.375 especially now that we're having

NOTE Confidence: 0.79667884

00:49:31.375 --> 00:49:32.659 multiple social and health

NOTE Confidence: 0.79667884

00:49:32.659 --> 00:49:33.919 stressors during these times.

NOTE Confidence: 0.79667884

00:49:33.920 --> 00:49:35.894 And so I'd like to invite the

NOTE Confidence: 0.79667884

00:49:35.894 --> 00:49:37.750 audience to ask some questions.

NOTE Confidence: 0.79667884

00:49:37.750 --> 00:49:39.340 And while folks are typing

NOTE Confidence: 0.79667884

00:49:39.340 --> 00:49:40.612 things in and chat,

NOTE Confidence: 0.79667884

00:49:40.620 --> 00:49:41.616 which I'll be happy.

NOTE Confidence: 0.79667884

00:49:41.616 --> 00:49:43.110 Train if you wanted to ask

NOTE Confidence: 0.79667884

00:49:43.168 --> 00:49:44.920 question person just let me know.

NOTE Confidence: 0.79667884

00:49:44.920 --> 00:49:46.607 I'll I'll be happy to meet you.

NOTE Confidence: 0.79667884

00:49:46.610 --> 00:49:49.354 I just wanted to start off with.

NOTE Confidence: 0.79667884

00:49:49.360 --> 00:49:50.716 A question as well,

NOTE Confidence: 0.79667884

00:49:50.716 --> 00:49:53.180 and so are there some components of

NOTE Confidence: 0.79667884

00:49:53.180 --> 00:49:55.358 the one shot interventions that use?

NOTE Confidence: 0.79667884

00:49:55.360 --> 00:49:57.824 Note that might work better than others,

NOTE Confidence: 0.79667884

00:49:57.830 --> 00:49:59.655 or something you think it's

NOTE Confidence: 0.79667884

00:49:59.655 --> 00:50:00.385 it's intervention.

NOTE Confidence: 0.79667884

00:50:00.390 --> 00:50:01.965 It is a cute subtype of insomnia,

NOTE Confidence: 0.79667884

00:50:01.970 --> 00:50:03.700 something that has to be.

NOTE Confidence: 0.79667884

00:50:03.700 --> 00:50:05.412 Tailored to each individual

NOTE Confidence: 0.79667884

00:50:05.412 --> 00:50:06.696 patient by therapist,

NOTE Confidence: 0.79667884

00:50:06.700 --> 00:50:07.550 it's a

NOTE Confidence: 0.84831697

00:50:07.550 --> 00:50:09.690 really nice question. Thank you,

NOTE Confidence: 0.84831697

00:50:09.690 --> 00:50:14.434 that was not set up for everybody else.

NOTE Confidence: 0.84831697

00:50:14.440 --> 00:50:16.672 One of the things that we did is we.

NOTE Confidence: 0.84831697

00:50:16.680 --> 00:50:18.283 We interviewed all of the patients in

NOTE Confidence: 0.84831697

00:50:18.283 --> 00:50:19.822 each of those three studies afterwards

NOTE Confidence: 0.84831697

00:50:19.822 --> 00:50:21.910 and found you know what worked for you.

NOTE Confidence: 0.84831697

00:50:21.910 --> 00:50:24.090 What didn't work for you.  
NOTE Confidence: 0.84831697

00:50:24.090 --> 00:50:26.075 What appears anecdotally to be  
NOTE Confidence: 0.84831697

00:50:26.075 --> 00:50:28.467 the strongest element from the one  
NOTE Confidence: 0.84831697

00:50:28.467 --> 00:50:30.495 shot is actually in the pamphlet  
NOTE Confidence: 0.84831697

00:50:30.495 --> 00:50:32.689 rather than the one hour session,  
NOTE Confidence: 0.84831697

00:50:32.690 --> 00:50:35.330 and that is the stimulus  
NOTE Confidence: 0.84831697

00:50:35.330 --> 00:50:36.386 control instructions.  
NOTE Confidence: 0.84831697

00:50:36.390 --> 00:50:38.562 So there is an understanding then  
NOTE Confidence: 0.84831697

00:50:38.562 --> 00:50:40.879 that perhaps if we wanted to  
NOTE Confidence: 0.84831697

00:50:40.879 --> 00:50:42.869 tailor this down even further,  
NOTE Confidence: 0.84831697

00:50:42.870 --> 00:50:44.675 let's just start with stimulus  
NOTE Confidence: 0.84831697

00:50:44.675 --> 00:50:47.060 control and then see what happens.  
NOTE Confidence: 0.84831697

00:50:47.060 --> 00:50:49.340 Stop doing almost a deconstruction study,  
NOTE Confidence: 0.84831697

00:50:49.340 --> 00:50:52.010 which is one of the things that  
NOTE Confidence: 0.84831697

00:50:52.010 --> 00:50:53.706 we're doing at the moment.  
NOTE Confidence: 0.84831697

00:50:53.706 --> 00:50:55.351 It certainly appears people like

NOTE Confidence: 0.84831697  
00:50:55.351 --> 00:50:56.959 the cognitive strategies,  
NOTE Confidence: 0.84831697  
00:50:56.960 --> 00:50:58.103 the distraction strategies,  
NOTE Confidence: 0.84831697  
00:50:58.103 --> 00:50:59.627 but they are they.  
NOTE Confidence: 0.84831697  
00:50:59.630 --> 00:51:01.796 They feel that the benefit is  
NOTE Confidence: 0.84831697  
00:51:01.796 --> 00:51:03.820 really coming from stimulus control.  
NOTE Confidence: 0.84831697  
00:51:04.540 --> 00:51:06.810 Interesting.  
NOTE Confidence: 0.77535456  
00:51:06.810 --> 00:51:08.868 Excellent, well thank you for that.  
NOTE Confidence: 0.77535456  
00:51:08.870 --> 00:51:10.898 So let's see there's a question  
NOTE Confidence: 0.77535456  
00:51:10.898 --> 00:51:12.660 from you requesting Doctor Ellis.  
NOTE Confidence: 0.77535456  
00:51:12.660 --> 00:51:15.132 Do we know how the nature of the  
NOTE Confidence: 0.77535456  
00:51:15.132 --> 00:51:16.950 precipitating stressful life events looks  
NOTE Confidence: 0.77535456  
00:51:16.950 --> 00:51:18.850 different between acute to remission,  
NOTE Confidence: 0.77535456  
00:51:18.850 --> 00:51:20.174 acute to chronic groups?  
NOTE Confidence: 0.77535456  
00:51:20.174 --> 00:51:22.160 And of course there is taking  
NOTE Confidence: 0.77535456  
00:51:22.229 --> 00:51:24.009 you for a great presentation.  
NOTE Confidence: 0.77535456

00:51:24.010 --> 00:51:26.229 And so I think the question is  
NOTE Confidence: 0.77535456

00:51:26.229 --> 00:51:28.154 whether there's a difference in  
NOTE Confidence: 0.77535456

00:51:28.154 --> 00:51:30.419 stressors in acute versus chronic.  
NOTE Confidence: 0.77535456

00:51:30.420 --> 00:51:31.340 Find Sonia.  
NOTE Confidence: 0.8307806

00:51:32.160 --> 00:51:33.692 It's an interesting point.  
NOTE Confidence: 0.8307806

00:51:33.692 --> 00:51:35.990 It really does speak to model  
NOTE Confidence: 0.8307806

00:51:36.066 --> 00:51:37.706 of insomnia by Colin SP.  
NOTE Confidence: 0.8307806

00:51:37.710 --> 00:51:39.190 You know his psychobiological  
NOTE Confidence: 0.8307806

00:51:39.190 --> 00:51:39.930 inhibition model.  
NOTE Confidence: 0.8307806

00:51:39.930 --> 00:51:41.410 What Collins suggests is  
NOTE Confidence: 0.8307806

00:51:41.410 --> 00:51:43.260 that during the acute phase,  
NOTE Confidence: 0.8307806

00:51:43.260 --> 00:51:44.995 the stress that the sleep  
NOTE Confidence: 0.8307806

00:51:44.995 --> 00:51:47.330 loss should be due to stress,  
NOTE Confidence: 0.8307806

00:51:47.330 --> 00:51:49.864 but then there is a switch point  
NOTE Confidence: 0.8307806

00:51:49.864 --> 00:51:52.746 and I think that's the Holy Grail  
NOTE Confidence: 0.8307806

00:51:52.746 --> 00:51:55.314 of what we're looking for here

NOTE Confidence: 0.8307806

00:51:55.396 --> 00:51:58.028 is when does it become that the.

NOTE Confidence: 0.8307806

00:51:58.030 --> 00:52:00.784 This stress causing the sleep loss

NOTE Confidence: 0.8307806

00:52:00.784 --> 00:52:04.427 becomes the sleep loss as a stressor itself,

NOTE Confidence: 0.8307806

00:52:04.430 --> 00:52:07.733 and I think that is where we might find

NOTE Confidence: 0.8307806

00:52:07.733 --> 00:52:11.279 this transition point to chronic insomnia.

NOTE Confidence: 0.8307806

00:52:11.280 --> 00:52:15.776 When we've looked at the types of stressors.

NOTE Confidence: 0.8307806

00:52:15.780 --> 00:52:17.022 Between our groups,

NOTE Confidence: 0.8307806

00:52:17.022 --> 00:52:19.920 those who commit those who don't commit.

NOTE Confidence: 0.8307806

00:52:19.920 --> 00:52:22.426 Not only is there no differences in

NOTE Confidence: 0.8307806

00:52:22.426 --> 00:52:25.141 terms of life events or perceived

NOTE Confidence: 0.8307806

00:52:25.141 --> 00:52:27.229 stress and anxiety depression,

NOTE Confidence: 0.8307806

00:52:27.230 --> 00:52:28.950 although depression does appear

NOTE Confidence: 0.8307806

00:52:28.950 --> 00:52:31.530 to be a factor in there.

NOTE Confidence: 0.8307806

00:52:31.530 --> 00:52:33.680 What is interesting is that

NOTE Confidence: 0.8307806

00:52:33.680 --> 00:52:35.400 you're seeing financial issues,

NOTE Confidence: 0.8307806

00:52:35.400 --> 00:52:37.980 so we've asked people more qualitatively,

NOTE Confidence: 0.8307806

00:52:37.980 --> 00:52:39.700 what are the issues?

NOTE Confidence: 0.8307806

00:52:39.700 --> 00:52:40.990 Are they financial,

NOTE Confidence: 0.8307806

00:52:40.990 --> 00:52:41.964 social, environmental,

NOTE Confidence: 0.8307806

00:52:41.964 --> 00:52:42.451 occupational?

NOTE Confidence: 0.8307806

00:52:42.451 --> 00:52:44.886 Financial issues appear to be

NOTE Confidence: 0.8307806

00:52:44.886 --> 00:52:46.737 something that drives chronic

NOTE Confidence: 0.8307806

00:52:46.737 --> 00:52:48.757 insomnia into it's chronic form,

NOTE Confidence: 0.8307806

00:52:48.760 --> 00:52:50.268 as opposed to remission.

NOTE Confidence: 0.8307806

00:52:50.268 --> 00:52:51.776 That's probably because the

NOTE Confidence: 0.8307806

00:52:51.776 --> 00:52:53.579 longevity of financial issues,

NOTE Confidence: 0.8307806

00:52:53.580 --> 00:52:55.560 but there weren't really any

NOTE Confidence: 0.8307806

00:52:55.560 --> 00:52:57.975 other differences in terms of the

NOTE Confidence: 0.8307806

00:52:57.975 --> 00:53:00.147 types of stressors or the length

NOTE Confidence: 0.8307806

00:53:00.147 --> 00:53:02.164 of the stressors that really

NOTE Confidence: 0.8307806

00:53:02.164 --> 00:53:04.314 impacted on whether somebody got

NOTE Confidence: 0.8307806  
00:53:04.314 --> 00:53:06.410 better or somebody got worse.  
NOTE Confidence: 0.8496705  
00:53:07.550 --> 00:53:09.989 Interesting, thank you.  
NOTE Confidence: 0.8496705  
00:53:09.990 --> 00:53:11.844 Let's see it so there's another  
NOTE Confidence: 0.8496705  
00:53:11.844 --> 00:53:13.504 question from folks at the  
NOTE Confidence: 0.8496705  
00:53:13.504 --> 00:53:14.968 VA Veteran Affairs Hospital.  
NOTE Confidence: 0.8496705  
00:53:14.970 --> 00:53:16.118 So so. Doctor Ellis,  
NOTE Confidence: 0.8496705  
00:53:16.118 --> 00:53:17.840 any digital CBT tool that you  
NOTE Confidence: 0.8496705  
00:53:17.898 --> 00:53:19.618 personally like and recommend.  
NOTE Confidence: 0.7524921  
00:53:20.980 --> 00:53:21.520 Oh  
NOTE Confidence: 0.7129101  
00:53:23.860 --> 00:53:24.859 oh, not not  
NOTE Confidence: 0.7129101  
00:53:24.860 --> 00:53:26.846 to put you on the spot.  
NOTE Confidence: 0.9202721  
00:53:28.970 --> 00:53:33.218 Yeah, I mean, we've got three in the UK.  
NOTE Confidence: 0.9202721  
00:53:33.220 --> 00:53:35.356 So sleepy, of course, is the most well  
NOTE Confidence: 0.86105436  
00:53:35.360 --> 00:53:37.488 known of the three that are used in  
NOTE Confidence: 0.86105436  
00:53:37.490 --> 00:53:40.732 the UK. Yep. I certainly  
NOTE Confidence: 0.86105436



00:53:40.732 --> 00:53:43.110 feel that it digital has got  
NOTE Confidence: 0.88529992

00:53:43.110 --> 00:53:46.055 its place. Because of widespread  
NOTE Confidence: 0.88529992

00:53:46.055 --> 00:53:47.550 dissemination and implementation.  
NOTE Confidence: 0.8820258

00:53:48.140 --> 00:53:49.720 I do worry about  
NOTE Confidence: 0.8820258

00:53:49.720 --> 00:53:52.095 some of the issues around  
NOTE Confidence: 0.8820258

00:53:52.095 --> 00:53:54.470 digital in terms of engagement.  
NOTE Confidence: 0.8820258

00:53:54.470 --> 00:53:57.134 And also when people are doing  
NOTE Confidence: 0.8820258

00:53:57.134 --> 00:53:59.510 online therapy, you know.  
NOTE Confidence: 0.8820258

00:53:59.510 --> 00:54:01.944 When I'm doing therapy face to face,  
NOTE Confidence: 0.8820258

00:54:01.944 --> 00:54:05.696 you have to come see me at the time of which  
NOTE Confidence: 0.8923449

00:54:05.700 --> 00:54:08.108 is specified. If you're doing it remotely,  
NOTE Confidence: 0.8923449

00:54:08.110 --> 00:54:10.526 what's not to stop you from doing it  
NOTE Confidence: 0.8923449

00:54:10.526 --> 00:54:13.266 at 8:00 o'clock nine o'clock at night,  
NOTE Confidence: 0.8923449

00:54:13.270 --> 00:54:15.520 which may well have actually  
NOTE Confidence: 0.8923449

00:54:15.520 --> 00:54:17.554 detrimental impact? And the other  
NOTE Confidence: 0.8923449

00:54:17.554 --> 00:54:19.822 thing before I advocate for anyone.

NOTE Confidence: 0.8923449

00:54:19.830 --> 00:54:22.570 It is the fact that you know when we look

NOTE Confidence: 0.8923449

00:54:22.644 --> 00:54:25.104 at the work of Nora Vincent. For example,

NOTE Confidence: 0.8923449

00:54:25.104 --> 00:54:27.154 when she's looked at stat care models,

NOTE Confidence: 0.8923449

00:54:27.154 --> 00:54:29.110 there's quite a high level of people

NOTE Confidence: 0.8923449

00:54:29.110 --> 00:54:31.260 who will not update for digital CBT.

NOTE Confidence: 0.8923449

00:54:31.260 --> 00:54:35.326 I. So a lot of people don't like it,

NOTE Confidence: 0.8923449

00:54:35.330 --> 00:54:36.308 don't want it.

NOTE Confidence: 0.8923449

00:54:36.310 --> 00:54:39.250 There was a really nice idea, but she did.

NOTE Confidence: 0.8923449

00:54:39.250 --> 00:54:41.536 If I was to advocate for one,

NOTE Confidence: 0.8923449

00:54:41.536 --> 00:54:43.502 I would advocate for one which

NOTE Confidence: 0.8923449

00:54:43.502 --> 00:54:44.812 is called sleep Four,

NOTE Confidence: 0.8923449

00:54:44.812 --> 00:54:46.768 which was developed in the UK.

NOTE Confidence: 0.8923449

00:54:46.770 --> 00:54:49.061 The reason that I would say that

NOTE Confidence: 0.8923449

00:54:49.061 --> 00:54:51.026 I fondest fan of that particular

NOTE Confidence: 0.8923449

00:54:51.026 --> 00:54:53.315 variant is because a I was one

NOTE Confidence: 0.8923449

00:54:53.315 --> 00:54:55.270 of the beta testers on it,  
NOTE Confidence: 0.8923449

00:54:55.270 --> 00:54:58.047 so I know what it was like.  
NOTE Confidence: 0.8923449

00:54:58.047 --> 00:55:00.468 B, it's free.  
NOTE Confidence: 0.8923449

00:55:00.470 --> 00:55:01.961 Because it was built upon  
NOTE Confidence: 0.8923449

00:55:01.961 --> 00:55:03.743 government money and in the UK,  
NOTE Confidence: 0.8923449

00:55:03.750 --> 00:55:06.126 if you're building it up on NIH money,  
NOTE Confidence: 0.8923449

00:55:06.130 --> 00:55:07.620 or you know government money,  
NOTE Confidence: 0.8923449

00:55:07.620 --> 00:55:10.006 then it has to be made freely available  
NOTE Confidence: 0.8923449

00:55:10.006 --> 00:55:13.340 and we do like a nice freebie.  
NOTE Confidence: 0.8923449

00:55:13.340 --> 00:55:13.620 So  
NOTE Confidence: 0.8360203

00:55:13.620 --> 00:55:16.100 I think those those sort of swing me towards  
NOTE Confidence: 0.8360203

00:55:16.100 --> 00:55:18.025 sleep full as opposed to sleep here,  
NOTE Confidence: 0.8360203

00:55:18.030 --> 00:55:20.442 although I think it's a it's a great product  
NOTE Confidence: 0.8360203

00:55:20.442 --> 00:55:22.719 and please don't tell Colin I said back  
NOTE Confidence: 0.8360203

00:55:22.720 --> 00:55:27.468 I'm going to tell him. I knew it no  
NOTE Confidence: 0.8464955

00:55:27.470 --> 00:55:29.400 no. So I have a

NOTE Confidence: 0.8464955

00:55:29.400 --> 00:55:30.948 question. What is the

NOTE Confidence: 0.8464955

00:55:30.950 --> 00:55:32.108 reimbursement like? What

NOTE Confidence: 0.8464955

00:55:32.110 --> 00:55:34.432 is the reimbursement like is that's

NOTE Confidence: 0.8464955

00:55:34.432 --> 00:55:37.140 in the US? That's a huge issue.

NOTE Confidence: 0.8464955

00:55:37.140 --> 00:55:40.235 For CBT I yeah yeah this is been

NOTE Confidence: 0.8464955

00:55:40.235 --> 00:55:42.560 both a helping a hindrance to

NOTE Confidence: 0.8464955

00:55:42.560 --> 00:55:45.268 us in the fact that we've got

NOTE Confidence: 0.8464955

00:55:45.270 --> 00:55:46.818 our National Health Service,

NOTE Confidence: 0.8464955

00:55:46.818 --> 00:55:48.366 so our socialized medicine

NOTE Confidence: 0.8464955

00:55:48.370 --> 00:55:51.072 in the sense that there is no

NOTE Confidence: 0.8464955

00:55:51.072 --> 00:55:53.350 issues around reimbursement.

NOTE Confidence: 0.8406472

00:55:53.350 --> 00:55:56.059 But the problem is is it's so

NOTE Confidence: 0.8406472

00:55:56.059 --> 00:55:58.784 sporadic in order to get the CBT

NOTE Confidence: 0.8406472

00:55:58.784 --> 00:56:01.500 service up and running in the UK,

NOTE Confidence: 0.8406472

00:56:01.500 --> 00:56:05.029 it's very challenging. Name there's about

NOTE Confidence: 0.8287691

00:56:05.030 --> 00:56:07.902 8 places in the UK where you can  
NOTE Confidence: 0.8287691

00:56:07.902 --> 00:56:10.638 get face to face CBT in the UK.  
NOTE Confidence: 0.8287691

00:56:10.640 --> 00:56:13.809 Which is not great and this is one of  
NOTE Confidence: 0.8287691

00:56:13.810 --> 00:56:16.740 the reasons why online digital CBT I is  
NOTE Confidence: 0.8287691

00:56:16.740 --> 00:56:19.439 becoming a lot more popular in the UK,  
NOTE Confidence: 0.8287691

00:56:19.440 --> 00:56:21.200 and certainly it's going through  
NOTE Confidence: 0.8287691

00:56:21.200 --> 00:56:23.662 at the moment as I'm sitting on  
NOTE Confidence: 0.8287691

00:56:23.662 --> 00:56:25.070 the panel again. Don't  
NOTE Confidence: 0.867943

00:56:25.070 --> 00:56:27.182 tell Colin I'm sitting on the  
NOTE Confidence: 0.867943

00:56:27.182 --> 00:56:29.649 panel so that it will become part  
NOTE Confidence: 0.867943

00:56:29.650 --> 00:56:31.410 of the National Health Service,  
NOTE Confidence: 0.867943

00:56:31.410 --> 00:56:32.814 so it'll be freely  
NOTE Confidence: 0.867943

00:56:32.814 --> 00:56:34.218 deliverable from GP surgeries.  
NOTE Confidence: 0.867943

00:56:34.220 --> 00:56:36.684 OK, so that will improve the situation.  
NOTE Confidence: 0.867943

00:56:36.690 --> 00:56:39.172 But you know, I always have this  
NOTE Confidence: 0.867943

00:56:39.172 --> 00:56:41.338 thing about face to face is.

NOTE Confidence: 0.867943  
00:56:41.340 --> 00:56:43.425 Is a very important factor  
NOTE Confidence: 0.867943  
00:56:43.425 --> 00:56:45.093 because of therapeutic alliance.  
NOTE Confidence: 0.838665  
00:56:46.300 --> 00:56:48.548 Great, well thank you I think just a  
NOTE Confidence: 0.838665  
00:56:48.548 --> 00:56:51.069 couple of more questions in the comments.  
NOTE Confidence: 0.838665  
00:56:51.070 --> 00:56:53.214 So for the folks at the VA who  
NOTE Confidence: 0.838665  
00:56:53.214 --> 00:56:55.200 are asking questions about apps,  
NOTE Confidence: 0.838665  
00:56:55.200 --> 00:56:57.520 there's actually a VA based CBT I coach  
NOTE Confidence: 0.838665  
00:56:57.520 --> 00:57:00.287 that was developed by researchers at the VA,  
NOTE Confidence: 0.838665  
00:57:00.290 --> 00:57:02.198 which you might be familiar with,  
NOTE Confidence: 0.838665  
00:57:02.200 --> 00:57:04.084 and so that's freely available also  
NOTE Confidence: 0.838665  
00:57:04.084 --> 00:57:06.030 to patients and their loved ones  
NOTE Confidence: 0.838665  
00:57:06.030 --> 00:57:07.600 and doctor Schneeberg from our  
NOTE Confidence: 0.838665  
00:57:07.600 --> 00:57:09.540 sleep center is asking whether you  
NOTE Confidence: 0.838665  
00:57:09.540 --> 00:57:11.412 have any tips on delivering CBT.  
NOTE Confidence: 0.838665  
00:57:11.420 --> 00:57:12.688 I via Tele medicine.  
NOTE Confidence: 0.8695473

00:57:14.650 --> 00:57:16.810 You know CBT is selling thing.

NOTE Confidence: 0.8695473

00:57:16.810 --> 00:57:18.970 I think it's less about therapeutics

NOTE Confidence: 0.8695473

00:57:18.970 --> 00:57:20.770 'cause they can be delivered

NOTE Confidence: 0.8695473

00:57:20.770 --> 00:57:22.570 in a variety of contexts.

NOTE Confidence: 0.8695473

00:57:22.570 --> 00:57:24.919 This is about selling and I think

NOTE Confidence: 0.8695473

00:57:24.919 --> 00:57:27.040 that you know my my experience of

NOTE Confidence: 0.8695473

00:57:27.115 --> 00:57:29.410 telling medicine has been limited,

NOTE Confidence: 0.8695473

00:57:29.410 --> 00:57:30.938 but in that respect,

NOTE Confidence: 0.8695473

00:57:30.938 --> 00:57:34.090 what we have tended to do is we focused

NOTE Confidence: 0.8695473

00:57:34.090 --> 00:57:36.250 much more on that interactive process

NOTE Confidence: 0.8695473

00:57:36.250 --> 00:57:39.130 in terms of the we're trying to get

NOTE Confidence: 0.8695473

00:57:39.130 --> 00:57:40.466 that therapeutic alliance across.

NOTE Confidence: 0.8695473

00:57:40.466 --> 00:57:42.930 I think that's the only way to sell

NOTE Confidence: 0.8695473

00:57:42.993 --> 00:57:44.889 it through therapeutic alliance,

NOTE Confidence: 0.8695473

00:57:44.890 --> 00:57:46.330 especially when it's removed.

NOTE Confidence: 0.8513536

00:57:48.300 --> 00:57:50.540 Great, well thank you so much for

NOTE Confidence: 0.8513536

00:57:50.540 --> 00:57:52.597 a wonderful talk and for great

NOTE Confidence: 0.8513536

00:57:52.597 --> 00:57:54.649 answers to the questions and this.

NOTE Confidence: 0.8513536

00:57:54.650 --> 00:57:56.540 I think I know is useful for

NOTE Confidence: 0.8513536

00:57:56.540 --> 00:57:58.439 everybody in the audience and perhaps

NOTE Confidence: 0.8513536

00:57:58.439 --> 00:58:00.833 looking forward to having you in our

NOTE Confidence: 0.8513536

00:58:00.897 --> 00:58:02.997 sessions another time another year,

NOTE Confidence: 0.8513536

00:58:03.000 --> 00:58:04.332 maybe even in person.

NOTE Confidence: 0.8513536

00:58:04.332 --> 00:58:07.338 Who knows, we'll go out and say it there,

NOTE Confidence: 0.8513536

00:58:07.340 --> 00:58:09.516 but just as the call out to the

NOTE Confidence: 0.8513536

00:58:09.516 --> 00:58:11.941 rest of the group is that we'll

NOTE Confidence: 0.8513536

00:58:11.941 --> 00:58:14.186 resume our next session next week

NOTE Confidence: 0.8513536

00:58:14.186 --> 00:58:16.685 and looking forward to a great talk.

NOTE Confidence: 0.8513536

00:58:16.690 --> 00:58:17.692 Alright, thanks, everybody.

NOTE Confidence: 0.8513536

00:58:17.692 --> 00:58:18.360 Take care.

NOTE Confidence: 0.8682072

00:58:18.540 --> 00:58:20.220 So much bye bye.

NOTE Confidence: 0.85534835



00:58:22.380 --> 00:58:25.940 Bye bye. Goodbye doctor player.

NOTE Confidence: 0.44795752

00:58:28.240 --> 00:58:29.090 Hi.